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VOLUME 23, NUMBER 18

WEDNESDAY, MARCH 3, 1999

FIFTY CENTS



Tim Stephenson photo
Eunice Hardiman, a Venice resident, entrances children at Blair Elementary School with a series of stories during the Madison school's Black History Month program Friday afternoon. The school marked the contributions of blacks to American history with the annual program, held in the school gym.

Black contributions to American history celebrated at Blair

'Hometown Heritage' program theme

By Mike Hall
Staff writer

Harriet Tubman, Rev. Jesse Jackson, Dr. Martin Luther King and Jackie Robinson.

These and other distinguished African-Americans were recognized for their contributions to African-American history by Blair Elementary School students Friday afternoon.

Their recognition came as part of the school's Black History Month program. "It is nice to idolize sports figures like Michael Jordan and Ken Griffey Jr., but the true heroes are those who gave their lives and

energies so future generations of African-Americans could reap the fruits of their struggles. Youngsters today should not forget that," said Wendy Fulton, a third-grade teacher at the school.

This year's Black History Month theme at Blair was "Hometown Heritage." Former and current educators of Madison gathered in the school gymnasium to entertain about 200 students with black heritage singing, dancing and storytelling. A variety of quilts were also displayed.

Eunice Hardiman, who delighted the children with her storytelling abilities, said that

See BLAIR, Page 5A

Local teen in serious condition after being struck by car Friday

Administrators, teachers describe Campbell as bright, popular student

By Mike Hall
Staff writer

GRANITE CITY

A 13-year-old Granite City youth was seriously injured after she was struck by a car while leaving Coolidge Middle School Friday afternoon.

Betty Campbell, of 721 26th Place, Granite City, was listed in serious condition after she was hit while trying to cross Madison

Avenue. Campbell was transported by helicopter to BJC St. Louis Children's Hospital, where she remains. The driver of the car, Bryan Kilman, 17, of 1104 Alice Lane, was not charged and declined comment on the accident. According to Granite City police, Campbell was attempting to cross Madison Avenue between Granite City High School and Sherwin-Williams. She and a friend had dosed cars in the southbound lane and then darted into the northbound lane.

Campbell's friend reached the other side, but Campbell was struck by Kilman's blue 1992 Dodge Dakota about 3:40 p.m.

Emergency medical personnel arriving on the scene administered life-saving first aid. She was taken by ambulance to an area near Fehling Road and State Street, where she was

See STUDENT, Page 5A

Angry Mitchell residents picket AmerenUE offices

'Unfair annexation' by Granite City prompts village's protest

By Mike Hall
Staff writer

MITCHELL

Angry Mitchell residents planned to

picket AmerenUE at its main office in St. Louis Tuesday morning over annexation of land into Granite City.

The protest was to have taken place at AmerenUE's

headquarters at 1901 Chouteau Ave., St. Louis.

Mitchell resident Bob Staicoff said he and others were picketing AmerenUE over what they call an "unfair annexation" of AmerenUE land.

Staicoff said the annexation "split Mitchell into two sections." He added that residents who have been annexed into

Granite City are very angry, as well as those who live in Mitchell.

In late January, Chief Associate Judge Randall Bono threw out a petition seeking the incorporation of 7.28 square miles into the town of Mitchell.

Recent annexations brought

See MITCHELL, Page 5A

Granite City Journal

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death of a 17-year-old youth found in a parked car Sunday afternoon.

Gary J. Butterfield, 17, of Christopher, Ill., was

pronounced dead at 1:31 p.m. Sunday.

No cause of death has been determined, said Madison County Coroner Dallas Burke. An autopsy was set for late Monday afternoon, but

See DEATH, Page 5A

Youth found dead in car Sunday

Autopsy to determine cause of death

Granite City police are looking into the

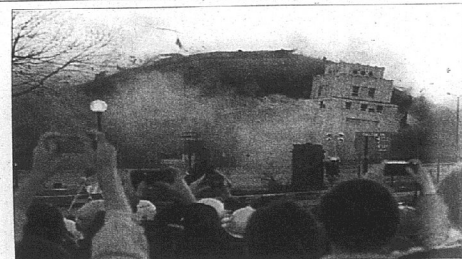
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See DEATH, Page 5A



Tim Stephenson photo

The end of an era

The St. Louis Arena, for 70 years the home of the St. Louis Blues, concerts, other sporting events and programs, collapses late Saturday afternoon after some 130 pounds of TNT were exploded onto its support columns. The Arena was demolished to make way for an office park, but not without protests and nostalgia. For a full panorama of the death of The Old Barn, see Thursday's Granite City Press-Record.

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Mike Heil photo
Representatives from Catholic Charities in Granite City gather together to discuss the needs of foster parents in the Tri-Cities area. The organization is always looking for foster parents to help abused, neglected or abandoned children throughout Granite City, Madison and Venice.

Granite City Catholic Charities helps place area foster parents

By Mike Heil
Staff writer

GRANITE CITY Granite City is one of several cities in the Tri-City area where Catholic Charities recruit foster parents.

The organization has been in existence more than 20 years to place children in foster homes.

"We have had a tremendous amount of foster homes in Granite City and the surrounding areas. Like so many communities, people in Granite City have been very responsive," said Rick Faccin, area director for Catholic Charities.

Faccin said he recruits the Granite City area by the way of radio, the newspapers and service organizations.

"We try to get the message out," he said. "The message is this: We need foster homes."

Faccin went on to say that Granite City has one home that is currently being licensed by the Illinois Department of Children and Family Services. He said that before long, a child will reside in it.

More importantly, Faccin said, the child will receive the

proper direction that can only be given in a stable environment.

Faccin also said that many children who are put in foster care have behavioral, emotional or medical problems that stem from being neglected, abused or both by their parents or other family members.

Even though they have those problems, he said, through guidance, care and understanding they can be helped and therefore adapt nicely into society.

"These children are not criminals. They are victims of their environment," he said. "If they were reared in a loving, learning atmosphere, a majority of them would not need professional help."

Faccin said that the children, are adjudicated through the courts, usually as abused and neglected children, and consequently are put in the care of the Department of Children and Family Services.

That's where Catholic Charities come into the picture.

Faccin said the organization then tries to locate homes for the children, but the task is anything but easy.

"The parents must meet a certain criteria before the kids are placed in their care. The process can be, and quite often is, rigorous," Faccin said.

Faccin added that there are "more children than homes."

"Are needs are immediate. Our situation is critical," he said. "The children are in ages from 5 to 15, with some exceptions. With the right family environment, the children can become productive in any endeavors they may choose."

According to Faccin, Catholic Charities is different from other foster care programs in that foster care parents in the organization receive professional training. It is offered so that the needs of the children can be met. He also said that the parents receive about \$1,250 a month for each child.

"They receive the training and funds they need," Faccin said. "All we ask is that our parents give the children all the love and support they need."

For those who may be interested in becoming a foster parent, contact Faccin or Theresa Murphy at 492-0634.

Police Blotter

Madison County
Sheriff

BURGLARY FROM VEHICLE

A resident of the first block of Valentine in Highland reported that sometime between 8 p.m. Feb. 18 and 3 a.m. Feb. 19, someone entered a vehicle and took an amplifier, a speaker, 40 CDs, a pool cue, a motorcycle helmet and goggles.

The items were valued at \$1,200.48.

THEFT: It was reported that someone took a 25-horsepower motor off a boat stored in the 6100 block of Old Alden Road, Granite City, sometime between October 1998 and January 1999. The motor was valued at \$1,700.

Venice

DRUG CHARGES: Three men face possible drug charges after police found suspected crack cocaine and marijuana during a traffic stop Friday morning.

Jeremy Gregory, 21, of the 1200 block of Robin Street, Venice, was charged with driving with no insurance and driving with a revoked license.

Drug charges against Gregory and two others are pending lab analysis.

At about 11:18 a.m., police received an anonymous call about the occupants of two cars possibly engaging in a drug deal.

When a police officer arrived, he ordered the three men out of the car. According to reports, the officer had to restrain one of the three to keep him from running away.

While questioning the men, the officer noticed what he believed to be crack cocaine in the vehicle. He also found a partially smoked cigar that smelled of marijuana.

He attempted to question one of the men about the items, but the man was reportedly chewing and swallowing what appeared to be a "large quantity" of crack cocaine.

Later, the man reportedly suffered from slurred speech and had difficulty standing. Police also found two open cans of beer.

POSSESSION OF DRUG EQUIPMENT: A Collinsville woman was charged with possession of drug equipment after she was stopped by Venice police.

Stacey L. Williams, 33, of the 100 block of Sumner,

Collinsville, was stopped by police after she was allegedly observed acting suspiciously in the 300 block of Baucum Avenue at about 4:30 p.m. Thursday.

According to reports, Williams and Gerald Smith, 52, of Springfield, were in a parked car in the 300 block of Baucum when an officer observed Smith go into an apartment, then come back to the car.

While this was happening, the officer reported that Williams was acting "suspiciously" by ducking her head and trying to hide in the car.

When the car — which was parked the wrong way — pulled away, the officer stopped them. When he approached the car, the officer asked if they had any drugs or weapons.

At that time, Williams allegedly pulled two "straight shooter" pipes, Brill-o pads and other materials out of her pocket.

Smith was arrested after a records check revealed he was wanted on an outstanding warrant from the Sangamon County Sheriff's Department.

LCCC now offering on-line courses

By Angela Mueller
Staff writer

Lewis and Clark Community College will expand its campus onto the Internet this fall as part of the Illinois Virtual Campus. The college was chosen by the Illinois Community College Board to be one of

the first 15 sites in the state to be part of the virtual campus. The program, funded by the Illinois Board of Higher Education, will provide a central site from which students can choose online classes from community colleges across

the state.

"It will be an educational mall where people can click in and pick a class that might not be available in their home district," said Mike Orsini, associate dean of liberal arts and business at LCCC.

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Help sought for area MS Walks

The National Multiple Sclerosis Society is putting out an all-points bulletin for kind "soles" to support the 1999 MS Walks.

While thousands of walkers will be taking energetic steps April 11 to help fight multiple sclerosis, volunteers are needed to provide support to help ensure a fun and safe event for all involved.

Volunteers are needed for morning and afternoon assignments. The MS Walk begins at noon.

Volunteer assignments

include: running registration booths; driving support vehicles; hosting rest stops; and preparing lunches at any of the five MS Walk sites in the St. Louis area.

The Illinois site is Laderman Park in Belleville. The Missouri sites are Shaw Park in Clayton, Blanchette Park in St. Charles, Jefferson Barracks Park in south St. Louis County, and Spanish Lake Park in Florissant.

To volunteer, call the Gateway Area Chapter at (314) 781-9020.

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CASEY'S GENERAL STORE

Black h

Continued
youngsters from backgrounds sh of their heritage. Celebrating R promotes self- pride. She said better way for learn about their through plays, school projects. "Relating to a story is one express the im culture and my Hardiman said, youngsters learn ancestors comm beating drums. page that becom knowledge and treasures." She went on today's treasure

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Black history celebrated at Blair School

Continued from Page 1A
 youngsters from all backgrounds should be proud of their heritage.
 Celebrating it, she said, promotes self-esteem and pride. She said there is not a better way for children to learn about their past than through plays, shows and school projects and programs.
 "Relating to the kids through a story is one way I can express the importance of my culture and my beliefs," Hardiman said. "Today, the youngsters learned that their ancestors communicated by beating drums. Each story is a page that becomes a book of knowledge and a library of treasures."
 She went on to say that today's treasures are the

children. That is why, she said, they should know who they are and where they have come from.

"As they mature and become parents and community leaders, they will have an opportunity to educate their children, grandchildren and friends with a wealth of information about the successes and the trials and tribulations of those who helped shape and improve their lives."

At the beginning of the program, about 35 students performed a skit in which they spoke on behalf of well-known African-Americans.

Ashlygh Hughes, 9, a third-grade student, gave a brief biography of Patricia Roberts Harris, the first African-American to serve as a cabinet member to a president of the United States. Hughes said that although she admired Harris, her true hero was Harriet Tubman.

"I think everybody liked Mrs. Tubman. She didn't want people to be in chains," Hughes said. "She risked her life to save a lot of people."

Rhonda Fletcher, whose son

Damian attends the school, was one of a host of parents who attended the program. She said she was proud of it and what it stood for.

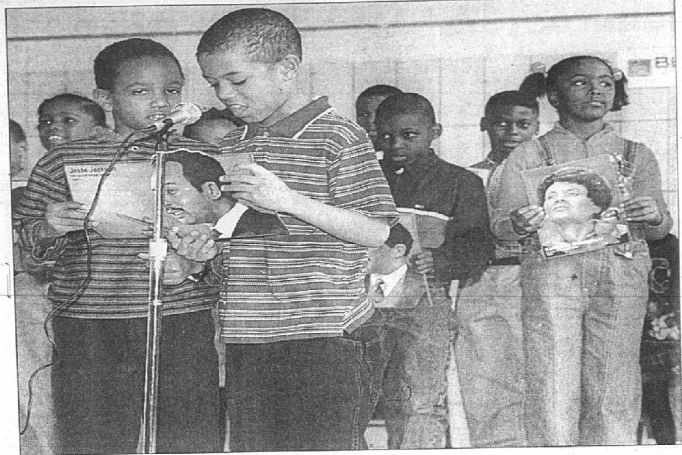
"This is special for me and my son," she said. "I had a learning experience, just like he did. We will have a lot to talk about tonight."

The program's conclusion came when Margaret Barrett, an elderly Venice resident, introduced her quilts to the children. She stressed one in particular.

Barrett told them that it was made the same way as those made by her grandparents and great-grandparents during slavery. She said that slaves would take strings from large sacks and press them tightly together.

They would then take just about anything, she said, to stitch it to the strings to form patterns. The process, she said, would take about a year because materials used for the quilts were difficult to find.

"It is lovely, and it is my past," Barrett said. "This type of quilt is now called cathedral windows."



Tim Stephenson photo

Blair Elementary School students take part in a skit during "Hometown Heritage," the school's Black History Month program held Friday afternoon. Students, teachers and people in the community took part to celebrate black heritage.

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Holy Family holding registration

Holy Family School will be having registration for full-day kindergarten and new students March 3. Registration will be held from 9 to 10:30 a.m. and 6:30 to 8 p.m. in the school cafeteria, located at 1800 St.

Clair Ave., Granite City.

Kindergarten students must be 5 years old by Sept. 1, 1999. Parents must bring a birth certificate and baptismal record, unless already on file with Holy Family Parish, a Social Security number and an \$80 registration/book/ supply fee.
 For information, call 877-5500.

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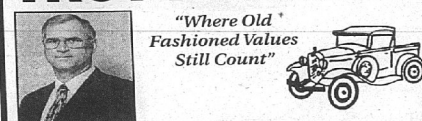
With the Academy Awards coming up March 21, there are a lot of films and performances to be reviewed so movie-goers can agree or disagree with the choices made on Oscar night.

The Suburban Journals would like to help. For the price of a one-year voluntary subscription to the Journals, we'll send you to the movies — and buy your popcorn, too.

For \$19.50, voluntary subscribers will receive a voucher for two tickets to any movie playing at a Wehrenberg Theatre. In addition, you'll receive a key chain good for a small, complimentary bag of popcorn when presented at the

Wehrenberg concession stand. All you'll have to decide is butter or no butter on the popcorn.
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Rabbitt captured in New Mexico; Collinsville police happy with arrest

Mitchell

Continued from page 1

the number of needed for income without the population surrounding each below the 7,500 state statute.

The petition with prejudice cannot be refiled be appealed.

Mitchell sup

17-year

Continued from page 1

toxicology is n be completed 1 weeks.

Butterfield v in a car in the

Potter

By Sanford J. Staff writer

And now the nobody knows one.

David Potter, president for affairs at Georgia University in is the only ca the Southern

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Mitchell residents picket AmerenUE

Continued from Page 1A

the number of residents needed for incorporation without the permission of surrounding communities below the 7,500 required by state statute.

The petition was dismissed with prejudice, meaning it cannot be refilled, but may be appealed.

Mitchell supporters had

until Feb. 11 to finalize a proposal that would have appeared on the April 13 ballot.

Previously, Bono and judges from the Fifth District Appellate Court in Mt. Vernon had denied a proposal for a 22-mile incorporation. That decision is being appealed to the Illinois Supreme Court.

Mitchell supporters have maintained that they had

more than 8,000 residents to form a village, but population would not have been a factor if the town could have gotten consent from neighboring municipalities.

A four-mile map floated as an alternative last year was favored by surrounding towns, but not Mitchell residents.

17-year-old youth found dead Sunday

Continued from Page 1A

toxicology is not expected to be completed for several weeks.

Butterfield was found dead in a car in the 2200 block of

Illinois Avenue. Police said he had been dead about 12 hours before being discovered.

According to police, the car's owner had looked out and saw the youth slumped over in the vehicle. Police said the owner did not know

the victim.

"We are investigating the circumstances of the death," said Maj. Kip Pomeroy. "It looks like he had been at a party down the street the night before."

— Scott Cousins

Potter only candidate left for SIUE post

By Sanford J. Schmidt
Staff writer

And now there is one, but nobody knows if he is the one.

David Potter, vice president for executive affairs at George Mason University in Fairfax, Va., is the only candidate left for the Southern Illinois

University at Edwardsville chancellor post after Paul Gaston withdrew from consideration last week.

Gaston had been scheduled to make a final visit to the SIUE campus March 5.

Potter met Wednesday and Thursday with SIUE President Ted Sanders' staff and counselors. Potter referred questions to SIUE officials.

Officials in Sanders' office said he is in Washington and unavailable for comment.

One source in the president's office said the withdrawal of Gaston does not necessarily mean Potter will get the job.

University officials said they expect to introduce the new chancellor at a March 11 board meeting.

DEPRESSION

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Lynn A. Cunningham, M.D.
Director of Clinical Research

Coolidge student struck, injured by auto

Continued from Page 1A

transported by helicopter to Children's.

Campbell is an eighth-grade student at Coolidge. According to Sindy Gurkin, one of Campbell's teachers, Campbell is popular with other students and works hard with her studies.

"She is a nice girl and relates well with the other kids," Gurkin said. "I have not had any problems with her, nor have the other teachers. She is just a good kid who takes her classwork seriously."

Gurkin said teachers and students are very concerned about Campbell and are in the process of writing sympathy cards and letters.

"Hopefully, her condition will improve soon and she will be able to read everything we will send," Gurkin said. "She is missed by everyone."

Gurkin went on to say that she has been in contact with Campbell's parents, who, she said, have remained at the hospital since Campbell's admittance.

"They are doing as well as expected," she said. "They are praying and hoping for the best, just as we are."

Coolidge Principal Rick Talley said that he and school administrators were deeply saddened when they received news that Campbell had been struck by the car.

He said that assistant principal Jim Greenwald ran from the school to where the accident had occurred. All he could do, he said, was watch as emergency personnel attended to Campbell.

Talley also said that in case counseling is needed by students, a contingency plan will be put into effect where they will be able to receive it from Coolidge as well as from outside the district.

Shimkus gives SIUE students chance to learn about process

By Steve Whitworth
Staff writer

EDWARDSVILLE Students in a political science

class at Southern Illinois University-Edwardsville got a lesson in politics Monday from U.S. Rep. John Shimkus.

The Republican congressman from Collinsville spoke about his involvement in the historic impeachment of President Clinton, about the politics of Social Security and the philosophy of representative government.

Shimkus, who represents Illinois' 20th Congressional District, began his presentation with a brief biography, illustrating his background and formative influences. He said President Reagan's push to strengthen the military and his own opposition to legalized abortion pushed him toward the Republican Party.

Shimkus was defeated in his first bid for Congress in 1992, but he won a narrow victory over Democrat Jay Hoffman in 1996.

He told the students about his membership on the U.S. House's Commerce Committee

and traced its history back to the adoption of the U.S. Constitution, which includes the Interstate Commerce Clause.

Shimkus passed his congressional pin from his freshman term around the classroom so students could look at it. He pointed out that the number engraved on the back of the pin (424) represented his rank in seniority among the 435 members of the 105th Congress.

Shimkus won re-election last November, easily defeating Democratic challenger Rick Vertecchio. He told the students he now has moved up to No. 376 in seniority among congressmen.

Shimkus' former career as a teacher at Metro-East Lutheran High School in Edwardsville was evident in the way he approached his remarks, frequently asking the students questions about the Constitution and other aspects of government.

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News

New bill would close pension loopholes

By Paul Mackie
Staff writer

Recent controversial hirings have spurred county officials to back legislation that could close costly pension loopholes.

MADISON COUNTY Seven elected officials sent a

letter to Madison County Board Chairman Rudy Papa Feb. 25 urging him to support a bill filed in the state Senate last week.

The county's Legislative Committee was scheduled to discuss the bill Thursday and was expected to recommend support of the state pension code amendment to the full County Board.

"(These loopholes) don't make the county government look good, and I think that's a sorry state," Papa said. "As it stands now, what's been done has been legal. It's there for anybody to take advantage of."

The Senate will try to repair the statutory

retirement plan entitled "Elected County Officials," which the county adopted in August 1997.

The loophole recently allowed Tony Bosich to start a pump operator's job at the Metro-East Sanitary District for \$27,040 annually three weeks before retiring from his 24-year post with the County Board, where his salary was \$9,500 annually.

In effect, he increased his pension by \$21,410 annually from \$7,822 to \$29,232.

Under the regular Illinois Municipal Retirement Fund, 4 1/2 percent of their salaries each year. Those employees qualify for full pensions, or 7 1/2 percent of their final salary, after 40 years of service.

With the introduction of the Elected County Officials plan, elected officials were allowed to contribute 7 1/2 percent annually and recover 80 percent of their final salaries after 20 years of service.

If the legislation is passed, the Elected County Officials plan would be applicable

only to elected positions, County Clerk Mark Von Nida said. A pump operator's job such as Bosich's would no longer qualify.

The pension would also be based on the elected official's average salary for the last four years rather than the official's final payday.

"ECO recognizes that elected officials are different than regular employees because they don't get sick time or vacation pay," Von Nida said.

"The plan is designed to attract the best and the brightest to public office. It's good because it allows people who get elected over and over to get something out of their pension."

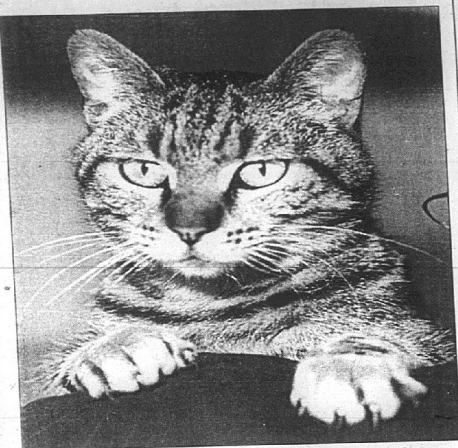
Von Nida said the problem arises when employees like Bosich, who is 79, bump up their last day's salary and

pension by taking higher paying, temporary jobs.

Mac Warfield, Madison County Democratic Party chairman and executive director of the sanitary district, hired Bosich to fill an opening in November for a pump operator. Bosich had retired in 1964 after 18 years of service in a similar position at Standard Oil.

"I didn't anticipate this (controversy) or I wouldn't have taken it," said Bosich, a Democrat from Wood River. "Of course, money had something to do with it, but I also wanted something to do for the winter months."

Papa said a person's age hasn't typically been part of his considerations for appointments. Since the Elected County Officials plan has been in place, Papa has made two appointments.



John Swistak Jr. photo

Pet of the week

Juanita, a brown tabby 1-year-old female domestic short hair, is among many homeless animals available for adoption from the Metro East Humane Society. She is very sweet and lovable, and good with kids. To adopt Juanita (Card C-61), apply in person at the shelter, 8495 Illinois 143, Edwardsville, or call 656-4405. Shelter hours are 11:30 a.m. to 5 p.m. Monday through Saturday and noon to 4 p.m. Sunday.

8 Tournament

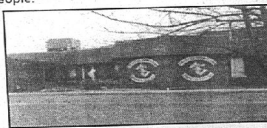
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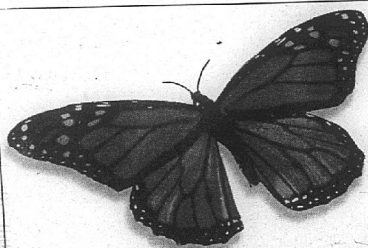
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Area U

By Rebecca Ho
Staff writer

Each year the Partnership serves 200,000 people in areas by allocating specific program

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Area United Way Partnership funding teams pay visit to local charities

By Rebecca Hopkins
Staff writer

Each year the United Way Partnership serves more than 200,000 people in a five-county area by allocating funds to specific programs at many community agencies. The United Way funds 90 programs for 45 different agencies in Madison, Macoupin, Jersey, Calhoun and Greene counties. By funding specific programs rather than an entire

more selective in what services are supported within the community and it also allows the United Way to be more accountable to its donors. Each year, the managers of these programs must reapply for funds to continue the services and show an allocations panel that the money has helped to alleviate a community need. Recently, an allocations panel visited Senior Services Plus to tour the facility at 3512

review its requests to continue funding the Handyman and the Senior Widows Network programs.

Volunteer panel members Jim Green, Duane Bailey and Freda Scroggins joined United Way Executive Director Nancy Martin on a visit to the Senior Center to hear a request for funding. Personnel and Special Projects Manager Marianne Jones and Program Manager Roseanna Robien gave the tour and explained the need for funding.

Service is for seniors 60 and over in the Greater Alton area," Robien said. "Qualified seniors can get minor home repairs, maintenance and lawn care at reduced rates from reliable sources." Robien said the service had been especially helpful for senior women who were unable to do the repairs themselves. In 1998, the program provided 1,179 services to 606 seniors in the area.

The Senior Widows Network is a special project that began

education, information, social activities and emotional support to widows ages 60 and older.

"Volunteer assistants serve as care-givers," Jones said. "These are widowed women who offer team or one-on-one contact for new widows who need support and/or information. Weekly meetings are held on Mondays at 1:30 p.m. and topics of discussion include loss and adjustment; legal and financial realities; crime prevention and personal

and future options."

Senior Services Plus offers additional programs including meals, transportation and health screenings, as well as prevention, recreation, education and victim assistance.

Senior Services Plus' most pressing need is for a larger facility due to the rapid increase of the 65-plus population. The building at the present location has been expanded three times and is now land-locked, making it necessary to offer some programs from other locations.

"We can be more efficient and make the best use of our personnel if all of our programs were located under one roof," Jones said. "Two of our programs, Community Care and Foster Grandparents, are located in other buildings." Martin said a number of considerations were taken into account when the volunteers made funding decisions, ranging from how well the program has served a need in the community to how fiscally responsible the organization is.

"By funding certain programs we are assured that high-priority needs are met," Martin said. "To ensure that allocations volunteers truly understand the programs requesting funding, they tour the agencies to see the programs in actions and later attend a presentation from that agency to discuss financial information."

The United Way Partnership has more than 100 trained allocations volunteers on nine panels. John Simmons, an attorney with Hopkins and Goldenberg, is serving as the 1999 allocations chairman and oversees all the panels as well as provides direction and support.

Church organizes divorce program

A program for children dealing with their parents' divorce or living in single-parent homes is being sponsored by Grace Baptist Church in Granite City. The program, Broken Promise, is designed to help children deal with the denial, guilt and anger that often accompany divorce or separation.

It is designed for children 4 years old and up. Child care is available for children under 4. Broken Promise classes will run concurrently with New Beginnings, a class for single parents whose children are in the program.

Sessions will be from 7-8:15 p.m. Wednesdays through May 19. The cost of the program is \$10 for a parent and any number of children. Enrollment is limited, and those not enrolled will be given priority for future classes. To enroll contact the church, 2800 Edwards St., or call 877-6672.

Genealogical Society meeting March 11

The Madison County Genealogical Society will meet at 7 p.m. March 11 in the fellowship meeting room at Immanuel United Methodist Church, 800 N. Main St., Edwardsville.

THE MADISON COUNTY GENEALOGICAL SOCIETY
The Madison County Genealogical Society is a non-profit organization dedicated to the study of family history. The society meets monthly on the second Tuesday of each month at 7 p.m. in the fellowship meeting room at Immanuel United Methodist Church, 800 N. Main St., Edwardsville. The cost of membership is \$10.00 per year. For more information, contact the society at (618) 486-1111.

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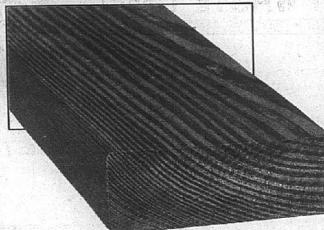
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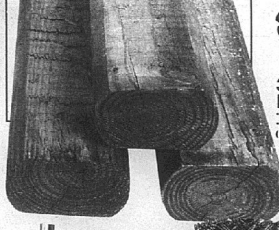
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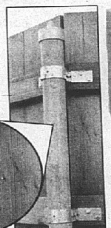
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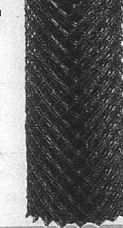
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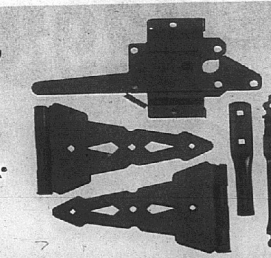


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News

Laborers Union Local 179 workers picket Edwardsville restaurant renovation project

By Steve Whitworth
Staff writer

Union laborers picketed Friday outside the old Schwartz's drug store in downtown Edwardsville, claiming that workers demolishing the interior were non-union.

EDWARDSVILLE The building is being renovated by Manhattan's Inc., which announced last year it would spend \$2 million to acquire the property and redevelop it as a restaurant and office space. Work began on the project a few weeks ago with asbestos removal. Officials with Laborers Local 179 in Edwardsville said some of its members were among the six workers on that job, some of whom came with the contractor. The asbestos removal phase lasted about three weeks.

"We were expecting the next phase of the work to start, and we were led to believe the work would be done union with local people," said John Fleming, business manager for Local 179. "As it turns out, it appears that's not what happened."

Fleming said the local's employees were told they weren't needed after finishing the asbestos removal Feb. 22. Ellinger Winfield of Edwardsville is the general contractor on the project. "We're a union contractor," said Clay Winfield, a partner in the firm. "We have planned on using union subcontractors — as well as union employees — on the job."

The next phase of the job involves demolition of the interior. "It's a specialized area," Winfield said.

He said his firm hired

Higgins Construction of Alton as a subcontractor for the demolition work.

"We explained at the time we did the contract that it needed to be a union project," Winfield said.

Fleming said he went to the work site Thursday.

"Our No. 1 concern is those people working there aren't local people. We don't know what kind of wages they are being paid. We're concerned about the prevailing rate."

"They're from Alton or somewhere else," Fleming said. "They're not local residents. They don't have a contract with the Laborers. To my knowledge, they've never been signatory anywhere."

Fleming said demolition work should involve union laborers only. "We don't know those guys in there," he said. "We don't know if they're being paid fringe benefits or anything."

He said his local's members are trained to build and work on scaffolds, to work in confined spaces and to handle

silica hazards resulting from working with plaster and sawing concrete.

"They're OSHA-trained. They know how to protect themselves and their employers. With people who come in like this, we have no idea if they have any training."

Local 179 represents about 370 laborers.

Winfield said the subcontractor had told him that he wanted to use some of his own personnel but that the Laborers local insisted on performing 100 percent of the work.

"I offered to hire the union people to work man-for-man with Higgins' guys — two laborers and two of his," Winfield said. "Fleming said they didn't want to work the job that way."

Winfield said last week he hoped to arrive at an "amicable solution" and get the situation resolved by Monday. He said Higgins had told him that his workers "are union labor."

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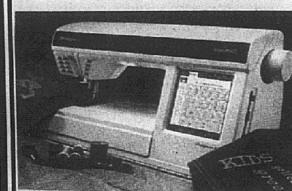
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Flying high

East St. Louis girls basketball soars in postseason

Prior to the start of the current school year, I figured, like others, that the merger of Lincoln High School with East St. Louis Senior would lead to a football power.

The football team was good, but not on a par with the achievements of the boys and girls basketball programs.

While the basketball teams might well have benefited from bonding than to fewer numbers than football, it is easy to predict that within a few years, one or the other — boys or girls — are destined to bring East Side High its first state basketball championship.

Previous focus has been made here on the boys, leaving me to note the 23-3 girls team that won the IHSA Class AA O'Fallon Sectional.

For the Flyerettes, the nucleus of all-star Rita Adams with LeKeisha Cole, LaTasha Hunter and Maya Thomas from Lincoln would be tough enough, but they also have East Side veteran Sharika Satterwhite, an inside threat but an added ingredient for success.

Lincoln's girls were 28-3 and a state runner-up last season for coach Charles McDonald, who had two second-place and two third-place finishes in the state finals before moving to East Side.

Prior to McDonald, Lincoln — under coach Earnest Riggins — brought the city of East St. Louis its only state crown, in 1980.

McDonald, though, has proved to be a more humble individual as evidenced in late January when the Flyerettes lost 89-56 to nationally ranked Chicago Marshall.

Said McDonald: "We put a lot of undue pressure on ourselves against Marshall. We had no excuses. We didn't play well. We're not used to that kind of competition in our area. It was good to see where we are."

Currently, East Side is at the head of the pack in southwestern Illinois girls basketball, yet, a hint of how the area is improving came in O'Fallon's 14-12 first-quarter deficit to the Flyerettes in the sectional opener. And the margin of East St. Louis' sectional final victory against Mount Vernon was just 70-67.

Meanwhile, on the Class A level, Okawville continues to prove no season can pass without first considering the Lady Rockettes.

Footnote

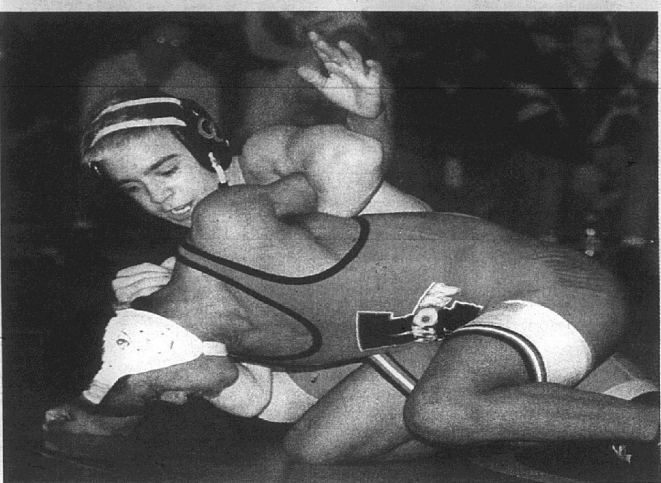
When the St. Louis Ambush of pro indoor soccer recently traded high-scoring Ken Snow to Philadelphia, it sent me to my Illinois High School Association soccer record book.

Snow ranks sixth in Illinois prep scoring with 128 goals in 74 matches from 1983-86 at Hoffman Estates High near Chicago. He is 14th in single-season goals with 49 in 1985. No. 1 in the single-season list is Robert Meschback of Chicago.

Gordon Tech with 71 in 26 matches in 1976.

Rich Reiniger of Belleville Althoff stands eighth with 53 in 1982.

Warriors finish fourth in state



Granite City 112-pounder Jake Trtanj (top) went 3-0 for the Warriors during the IHSA Class AA state dual meet. The Warriors finished fourth in the event.

Granite City breaks drought in dual-team state quarterfinals

By Rick Broome
Staff writer

There was good news and there was bad news for Granite City at the state dual-team wrestling tournament.

First the bad news. The Warriors lost to Moline 29-24 to fall out of contention for the state dual-team title and then dropped the third-place match to Maine West 35-23.

But the good news was very good. For the first time in six years, the Warriors advanced out of the quarterfinals, beating a tough DeKalb squad 35-26 to get their shot at Moline.

Jake Trtanj (112 pounds), Ben Lofink (130 pounds), and Brooks Narvaez (152 pounds) all won their matches by fall, with Narvaez' coming in just 57 seconds.

Junior George Kirgan (160 pounds) and sophomore Bobby Grammer (189 pounds) scored major decisions. Kevin Venne (215 pounds), Justin Hale (171 pounds), and freshman Jim Treake (140 pounds) also won their matches for the Warriors.

The match against Moline started at 140 pounds with Treake losing a 16-3 major decision to Phil DeCoster before senior Ryan Worthen (145 pounds) got Granite within one at 4-3 with a 4-2 win over Joe Boyer. Narvaez won by decision, and Kirgan pinned Ben King to give the Warriors a 12-4 lead. Mundo Boyer got Moline back on track with a 7-3 victory over Hale, but Grammer widened Granite's lead to 15-7 with an 8-7 defeat of Chris Powell.

Then the hammer fell. Stuart Terronez beat Venne 6-4 and

See WARRIORS, Page 4B

Granite City advances to MVCHA quarterfinals

Meszaros scores twice against Marquette

By Rick Broome
Staff writer

The Illinois Warriors burst out of last week's funk and used a strong performance on both ends of the ice to beat Alton Marquette 2-1 and ensure themselves a place in the quarterfinals.

After a ten-game unbeaten streak to close out the regular season and a first-round 10-3 waxing of Roxana in the playoffs, the Warriors lost to Cahokia last week 3-2 in overtime.

Saturday was a different story. The Warriors outshot the Xplorers 22-12, but both goalies were called upon to make big saves at crucial times.

"Scottie (Bronnbauer) had a good game, he made the big saves he had to make for us," Warriors coach Paul Solberger said. "I also thought their goalie, being a senior, that was probably the best game I have seen Paul Dix play all year. I give him a lot of credit. We outshot them almost two-to-one and only come away with a 2-1 victory."

Bobby Meszaros got the Warriors on the board first at 6:02 of the first period. Jared Brown took the puck behind the net and fed a pass to Meszaros, whose shot beat Dix wide to the glove side.

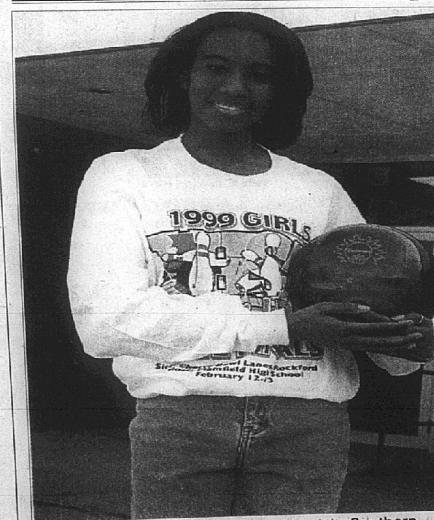
Andy Schulz got Marquette even at 7:34 of the second period. The Warriors' defensemen were up on the rush when Schulz stole the puck at his own blueline and swept down on goal. His low backhand beat Bronnbauer to tie the score at 1-1.

"I think one of the key things with their goal is that Robyn (Slater) was left alone back on defense and she didn't get the support," Solberger said.

See GRANITE, Page 4B



Tim Stephenson photo



Belleville East junior Michelle Bryant led the Southern Illinois High School Bowling Conference with a 182.9 average.

Belleville East's Bryant posted top average in SIHSBC play

By Scott Marion
Staff writer

Belleville East, which won the Southern Illinois High School Bowling Conference and placed seventh in the IHSA state tournament, had several candidates worthy of being the Girls Bowler of the Year for the Journal Newspapers of Southern Illinois.

The Lancers' success was fueled by bowlers like Michaela Hunter — who had the second-best average in the league — and senior twins Sharon and Karen Fischer and freshman Brandee Hewlett, who won the sectional.

In the end, though, the honor went to Belleville East junior Michelle Bryant, who led the SIHSBC with a 182.9 average.

"A lot of Michelle's success has to do with her particular style of bowling lends itself to consistency and high scoring," said East coach Rich Hodson. "Pressure does not seem to diminish her level of bowling."

"She bowled a 600 series in the morning session at the sectional, but she took herself out of the top individual medal competition in order to attend another school function."

"Next year will be her fourth year with the team. I would expect her performance to improve even further."

Bryant has been a key performer for the Lancers since East fielded its first girls bowling team in 1996-97, but she surprised even herself with her league-leading average this

ALL-JOURNAL GIRLS BOWLING	
Bowler of the Year	Michelle Bryant, Belleville East.
First team	Jenny Williams, Belleville West.
	Renee Haas, Mascoutah.
	Sharon Fischer, Belleville East.
	Karen Fischer, Belleville East.
	Michaela Hunter, Belleville East.
	Jenny Carson, Collinsville.

season. "I just try to steadily improve," Bryant said. "Every year, I expect to go up by a certain amount, but I didn't expect to be first in the league."

Besides just playing the game and throwing the ball, I never realized how big the mental part of bowling is. I've seen some of the best players totally damage themselves by getting too emotional.

"It's just a game — I do it for fun. As soon as it stops being fun, that will be it."

Bryant, who was born and raised at Scott Air Force Base, now lives in Belleville.

"My dad is retired military and my mom is a nurse at St. Elizabeth's (Hospital in Belleville)," Bryant said. "We've always been a bowling family. At family reunions, we couldn't go anywhere without a bowling bag."

"I started bowling when I was 7 because I was always around it, and I really enjoyed it. I

See BRYANT, Page 2B

Sports

Bryant leads SIHSBC in average

Continued from Page 1B

started bowling in Saturday morning leagues and YBA (Youth Bowling Association) leagues.

"I usually bowled at Scott Air Force Base, but I recently started bowling at Panorama (Lanes in Belleville), where the high school team rolls now. I had some good coaches at Scott and my family has helped me a lot. It wasn't until I got to high school that I really got personal attention. I've done a lot of fine-tuning since then."

While bowling is Bryant's favorite sport, it's hardly her only hobby.

"I had asthma, so I wasn't been able to be overly active as far as sports," Bryant said. "I wanted to run track in grade school, but bowling was low-impact and it was something I had some skill at. I got more into music

and theater and speech.

"I have tons upon tons (of extracurricular activities). One teacher said today that I should try not to spread myself so thin, but I love it that way."

"I'm in jazz band and orchestra and I'm hoping to be a thespian. I'm on the Spanish and speech teams and I dance at the Broadway Center of Arts in downtown Belleville."

At the sectional tournament, Bryant had to leave after the morning session to play in a jazz band competition. At the time, East had a large lead and went on to claim the sectional title by a comfortable margin.

"The jazz band got second place, but I'm still deciding whether it was worth leaving," Bryant said. "I had a good day going, but I was hoping my actions all year would speak louder than just the sectional."

"The big thing for me is having a good-natured, laid-back attitude."

Girls bowling statistics

SIHSBC Girls

Bowling Statistics

Key: HG - High game; HS - High series; Pins - Total
G - Games; Avg - Per game average

Player	HG	HS	Pins	G	Avg
Belleville East	243	587	3625	28	127.7
Sharon Fischer	206	596	4515	28	173.6
Karen Fischer	236	579	4890	28	174.6
Michelle Bryant	237	605	4940	27	182.9
Brandi Hewitt	243	600	3914	22	177.9
Tara Ouchie	200	482	2863	18	159.0
Kara Moore	101	101	171	2	85.5

Player	HG	HS	Pins	G	Avg
Althoff	193	517	4741	33	143.6
Crystal Moore	145	271	1230	10	123.0
Kim Westcott	157	384	1937	16	121.0
Melissa Neely	215	580	6208	38	163.4
Stacy Evansco	142	407	2831	25	113.2
Aly Ringhofer	183	430	3069	24	127.8
Molly Joenies					

Player	HG	HS	Pins	G	Avg
Granite City	181	491	3930	27	145.5
Kristin Stovall	186	539	4647	31	149.9
Francie Davis	162	440	1289	15	127.2
Jane Signal	181	471	2648	19	139.3
Melissa White	147	259	799	7	114.1
Andrea Bukovac	133	218	684	6	114.0
Julia Murphy					

Player	HG	HS	Pins	G	Avg
Belleville West	211	589	5581	25	155.3
Amber Wedelke	186	467	4360	33	132.1
Sarah Eckert	193	518	5418	35	154.8
Sarah Johnston	221	582	6158	36	171.0
Jenny Williams					

Player	HG	HS	Pins	G	Avg
Vanice	167	406	3272	27	121.1
Nakesha Gambrell	159	386	3634	31	117.2
Natasha Rogers	149	400	2339	25	117.5
Tonisha Rogers	168	419	3564	29	123.0
Alaina Long	98	264	264	3	88.0

Jeannie Dixon

Player	HG	HS	Pins	G	Avg
MS Lutheran	157	389	3632	33	110.0
Gina Stewart	148	387	3580	33	108.4
Tatiana Wheeler	145	381	2870	27	106.2
Renae Fravel	177	475	4451	33	134.8
Diane Foley					

Player	HG	HS	Pins	G	Avg
Cabokia	211	480	4741	33	143.6
Lynn Latimer	225	610	4714	29	162.5
Amie Armstrong	187	388	3841	24	151.7
Tammy Belcher	184	360	1203	8	150.3
Katie Morris	211	498	4057	26	156.0
Sarah Delaney	210	510	3827	24	151.1
Jennifer Rainier	162	286	379	3	126.3
April Thompson					

Player	HG	HS	Pins	G	Avg
Mascoutah	233	666	6300	35	180.0
Renae Haas	232	581	4757	32	148.6
Heather Luckie	177	431	3428	27	126.9
Lisa Augustine	211	590	5760	36	164.5
Rebecca Greene	237	595	2341	15	158.0
Denise Doole					

Player	HG	HS	Pins	G	Avg
Collinsville	226	494	4728	32	147.7
Laura Miller	190	483	2579	18	143.2
Sarah Legendre	212	548	5164	33	156.4
Kim Haynes	212	558	5729	33	173.8
Jenny Carson	142	405	1756	15	117.0
Kelly Balacio					

Player	HG	HS	Pins	G	Avg
Edwardsville	143	357	1212	11	110.1
Tere Smith	186	403	1494	12	124.5
Kendra Root	141	381	985	8	123.1
Katie Wender	172	482	2173	15	144.8
Cassie Bosomworth	210	431	3028	24	126.1
Megan Zimmer	158	403	2749	28	105.7
Megan Eastby	163	373	373	3	124.5
Jessica Link	163	458	2840	21	135.7
Sarah Swafford	166	452	831	6	138.5
Titany Nelson	170	444	1206	9	134.0

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FIRST TEAM

Pins	G	Avg
3632	33	110.0
3580	33	108.4
3570	27	106.2
4451	33	134.8

Pins	G	Avg
4741	33	143.6
4714	29	182.5
3428	27	126.8
1203	8	150.3
4057	26	156.0
3627	24	151.1
379	3	126.3

Pins	G	Avg
6300	35	180.0
4757	32	148.6
5164	33	156.4
5780	35	164.5
2341	15	156.0

Pins	G	Avg
4728	32	147.7
2579	19	143.2
5164	33	156.4
5729	33	173.6
1756	15	117.0

Pins	G	Avg
1212	11	110.1
1464	12	122.0
985	8	123.1
2173	15	144.8
3028	24	126.1
2749	26	105.7
373	3	124.3
21	1	125.7
831	8	138.5
1206	9	134.0

Jenny Williams, Belleville West: A senior, Williams placed 16th in the state tournament at Rockford. She led West with a 171.0 regular season average, which was 10th overall in the Southern Illinois High School Bowling Conference.

This was the first time we've ever had a bowler at state and Jenny did really well," said West coach John LeCuyer. "She made the cut (the top 24) after the first day and moved up from 23rd place to 16th on the second day. She missed the cut for the top 12 by four spots.

"She was our No. 1 bowler all year and she's been with the team three years. I expected her to be a leader. She's pretty consistent, which is what helped her at state. Her low game was 170 and her high game was 204."

Renee Haas, Mascoutah: The junior had a 160.0 regular season average, good for third place in the league.

"She improved a lot more than I realized," said Mascoutah coach Rick Joellenbeck. "She was a fairly good bowler last year, but even after two or three matches this year, her average was in the 150s."

"Renee had three 600 series in her last four matches. She had the high series in the whole conference with a 668. She had a great second half of the season. She became really consistent this year and had a great confer-

ence tournament, but she had one bad series in the sectional."

Sharon Fischer, Karen Fischer and Michael Hunter, Belleville East: The senior trio helped East claim its third consecutive conference title and third consecutive sectional title en route to a seventh-place finish at the state tournament. Hunter was second in regular-season average (181.2) and tied freshman teammate Brandee Hewitt for the league's high game (243). Karen Fischer and Sharon Fischer finished fifth and eighth in average, respectively, at 174.8 and 173.6.

Sharon Fischer was East's highest individual finisher at state, placing 22nd.

"All three of them have bowling for years and they've improved each year," said East coach Rich Hodson. "Having competed together before was a definite benefit to our team chemistry this year."

"On any given day, any of them can stand out from the other. Our team has done so well this year because all of our girls are so exceptional."

Jenny Carson, Collinsville: The junior earned her second straight selection to the all-area team. She is the only Kahokabowler, boy or girl, to have bowled in every CHS game since the program was started last year.

She carried a 173.8 average this season for the Kahoks, which was seventh best in league play. Her best series was 558 and her best individual game

was a 212.

"Jenny is a good bowler," Collinsville coach Brad Taylor said. "She works hard at it and we hope she can continue to improve. I don't think she was really satisfied with how she bowled this season, especially at the state tournament."

"We count on her an awful lot. We know we can't win unless Jenny bowls well and she knows that too, but she never complains about it. We've got a lot of bowlers, girls and boys, that could learn a lot from Jenny about how to approach practices and how to be a team leader."

"By going to the state tournament last year as an individual she really made it easier for us this year because we knew what we had to do and how to find the bowling alley and everything."

SECOND TEAM

Brandee Hewitt, Belleville East: Audra Reznick, O'Fallon; Jenessa Trace, O'Fallon; Karen Fisher, O'Fallon; Stacy Evansco, Althoff; Rebecca Greene, Mascoutah; Amie Armstrong, Cahokia; Lynn Latimer, Cahokia; Sarah Delaney, Cahokia; Amber Waldele, Belleville West; Kim Haynes, Collinsville; Francine Davis, Granite City; Tara Whitaker, Westcote; Tasha Rickman, Columbia

MVCHA playoffs

Mississippi Valley

Club Hockey

Association

Class AA

Regular Season Final

Northern Division

Team	W-L-T
Illinois (Granite City)	13-0-2
Bethalto Civic Memorial	10-8-4
Alton	10-8-4
Edwardsville	10-8-4
Roxana	8-10-4
Alton Marquette	0-20-2

South Division

Team	W-L-T
O'Fallon	17-3-2
Althoff	11-8-3
Collinsville	10-10-2
Belleville West	10-10-2
Belleville East	8-11-3
Cahokia	6-11-5

Playoffs

Northern Division

Team	W-L-T
Illinois (Granite City)	2-1
Bethalto Civic Memorial	2-1
Edwardsville	2-1
Alton	1-2
Roxana	0-3
Alton Marquette	0-3

South Division

Team	W-L-T
O'Fallon	2-1
Althoff	2-1
Collinsville	2-1
Belleville West	2-1
Belleville East	0-3
Cahokia	0-3

Playoffs

Northern Division

Team	W-L-T
Illinois (Granite City)	2-1
Bethalto Civic Memorial	2-1
Edwardsville	2-1
Alton	1-2
Roxana	0-3
Alton Marquette	0-3

South Division

Team	W-L-T
O'Fallon	2-1
Althoff	2-1
Collinsville	2-1
Belleville West	2-1
Belleville East	0-3
Cahokia	0-3

Playoffs

Northern Division

Team	W-L-T
Illinois (Granite City)	2-1
Bethalto Civic Memorial	2-1
Edwardsville	2-1
Alton	1-2
Roxana	0-3
Alton Marquette	0-3

South Division

Team	W-L-T
O'Fallon	2-1
Althoff	2-1
Collinsville	2-1
Belleville West	2-1
Belleville East	0-3
Cahokia	0-3

Playoffs

Northern Division

Team	W-L-T
Illinois (Granite City)	2-1
Bethalto Civic Memorial	2-1
Edwardsville	2-1
Alton	1-2
Roxana	0-3
Alton Marquette	0-3

South Division

Team	W-L-T
O'Fallon	2-1
Althoff	2-1
Collinsville	2-1
Belleville West	2-1
Belleville East	0-3
Cahokia	0-3

Playoffs

Northern Division

Team	W-L-T
Illinois (Granite City)	2-1
Bethalto Civic Memorial	2-1
Edwardsville	2-1
Alton	1-2
Roxana	0-3
Alton Marquette	0-3

South Division

Team	W-L-T
O'Fallon	2-1
Althoff	2-1
Collinsville	2-1
Belleville West	2-1
Belleville East	0-3
Cahokia	0-3

Playoffs

Northern Division

Team	W-L-T
Illinois (Granite City)	2-1
Bethalto Civic Memorial	2-1
Edwardsville	2-1
Alton	1-2
Roxana	0-3
Alton Marquette	0-3

South Division

Team	W-L-T
O'Fallon	2-1
Althoff	2-1
Collinsville	2-1
Belleville West	2-1
Belleville East	0-3
Cahokia	0-3

Playoffs

Northern Division

Team	W-L-T
Illinois (Granite City)	2-1
Bethalto Civic Memorial	2-1
Edwardsville	2-1
Alton	1-2
Roxana	0-3
Alton Marquette	0-3

South Division

Team	W-L-T
O'Fallon	2-1
Althoff	2-1
Collinsville	2-1
Belleville West	2-1
Belleville East	0-3
Cahokia	0-3

Playoffs

Northern Division

Team	W-L-T
Illinois (Granite City)	2-1
Bethalto Civic Memorial	2-1
Edwardsville	2-1
Alton	1-2
Roxana	0-3
Alton Marquette	0-3

South Division

Team	W-L-T
O'Fallon	2-1
Althoff	2-1
Collinsville	2-1
Belleville West	2-1
Belleville East	0-3
Cahokia	0-3

Playoffs

Northern Division

Team	W-L-T
Illinois (Granite City)	2-1
Bethalto Civic Memorial	2-1
Edwardsville	2-1
Alton	1-2
Roxana	0-3
Alton Marquette	0-3

South Division

Team	W-L-T
O'Fallon	2-1
Althoff	2-1
Collinsville	2-1
Belleville West	2-1
Belleville East	0-3
Cahokia	0-3

Class A

Regular Season Final

East Division

Team	W-L-T
Freeburg	19-0-2
Waterloo	16-3-2
Triad	8-8-4
Mascoutah	9-9-3

West Division

Team	W-L-T
Plaza Southwestern	9-8-4
Wood River	4-11-6
Jerseyville	6-14-1
Highland	1-20-0

Playoffs

East Division

Team	W-L-T
Waterloo	3-0-0
Mascoutah	2-1-1
Freeburg	2-1-1
Triad	1-2

West Division

Team	W-L-T
Jerseyville	2-1
Plaza Southwestern	1-2
East Alton-Wood River	1-2
Highland	0-3

Playoffs

East Division

Team	W-L-T
Waterloo	3-0-0
Mascoutah	2-1-1
Freeburg	2-1-1
Triad	1-2

West Division

Team	W-L-T
Jerseyville	2-1
Plaza Southwestern	1-2
East Alton-Wood River	1-2
Highland	0-3

Playoffs

East Division

Team	W-L-T
Waterloo	3-0-0
Mascoutah	2-1-1
Freeburg	2-1-1
Triad	1-2

West Division

Team	W-L-T
Jerseyville	2-1
Plaza Southwestern	1-2
East Alton-Wood River	1-2
Highland	0-3

Playoffs

East Division

Team	W-L-T
Waterloo	3-0-0
Mascoutah	2-1-1
Freeburg	2-1-1
Triad	1-2

West Division

Team	W-L-T
Jerseyville	2-1
Plaza Southwestern	1-2
East Alton-Wood River	1-2
Highland	0-3

Playoffs

East Division

Team	W-L-T
Waterloo	3-0-0
Mascoutah	2-1-1
Freeburg	2-1-1
Triad	1-2

West Division

Team	W-L-T
Jerseyville	2-1
Plaza Southwestern	1-2
East Alton-Wood River	1-2
Highland	0-3

Playoffs

East Division

Team	W-L-T
Waterloo	3-0-0
Mascoutah	2-1-1
Freeburg	2-1-1
Triad	1-2

West Division

Team	W-L-T
Jerseyville	2-1
Plaza Southwestern	1-2
East Alton-Wood River	1-2
Highland	0-3

Playoffs

East Division

Team	W-L-T
Waterloo	3-0-0
Mascoutah	2-1-1
Freeburg	2-1-1
Triad	1-2

West Division

Team	W-L-T
Jerseyville	2-1
Plaza Southwestern	1-2
East Alton-Wood River	1-2
Highland	0-3

Playoffs

East Division

Team	W-L-T
Waterloo	3-0-0
Mascoutah	2-1-1
Freeburg	2-1-1
Triad	1-2

West Division

Team	W-L-T
Jerseyville	2-1
Plaza Southwestern	1-2
East Alton-Wood River	1-2
Highland	0-3

Playoffs

East Division

Team	W-L-T
Waterloo	3-0-0
Mascoutah	2-1-1
Freeburg	2-1-1
Triad	1-2

West Division

Team	W-L-T
Jerseyville	2-1
Plaza Southwestern	1-2
East Alton-Wood River	1-2
Highland	0-3

Playoffs

East Division

Team	W-L-T
Waterloo	3-0-0
Mascoutah	2-1-1
Freeburg	2-1-1
Triad	1-2

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Warriors break drought

Continued from Page 1B

Chris Davies pinned Warrior heavyweight Craig Mooshegian to give Moline a lead they would never relinquish.

Wayne Weems (103 pounds) pinned Steve Peach and Tony Catour (119 pounds) scored a major decision over Tedesco to seal the victory for the Maroons. Brant Krueger (130 pounds) beat Lofink before Scott Carney (135) scored a victory for the Warriors, closing out the Moline win 29-24.

In the third-place match, Maine West built a 22-0 lead before Narvaez beat Joe Weber 5-4.

Kirgan, Grammer, Venne and Tritan won their matches down the stretch, but it was too little, too late against the blue and gold minions of Maine West, who had wrestlers all over the field at the individual state tournament in Champaign a week ago.

Still, the weekend represented a breakthrough of sorts for the Warriors, who had been foiled the last six years in the quarterfinals. Perhaps their best chance at state — and one of the best area high-school wrestling teams assembled in recent memory — was put on the kibosh in 1995 when Chicago's M. Carmel, disqualified for allegedly ineligible athletes, threatened to sue and the IHSA called off the whole tournament.

Granite City had its 130-match winning streak ended earlier this year by two-time defending state champ Providence's New Lenox, who thrashed Moline in the title match. The Warriors finished another excellent team season at 25-3.

State Dual-Team Tournament Quarterfinals
Granite City 25, DeKalb 20.
103 — Josh Sipes (DK) def. Steve Peach (GC), 14-0.
112 — Jake Tritan (GC) def. B.J. Martin (DK), by fall, 3-38.
119 — Andy Watt (DK) def. Tom Tedesco (GC), 20-9.
125 — Sam Matt (DK) def. Paul Johnson (GC), by technical fall.

514.
130 — Ben Lofink (GC) def. Justin Huber (DK), by fall, 3-50.
136 — Eric Austin (DK) def. Dennis Davis (GC), by fall, 5-22.
142 — Jim Treake (GC) def. Chuck Scaife (DK), 11-5.
145 — Jared Johnson (DK) def. Ryan Worthen (GC), 7-5 (OT).
152 — Brooks Narvaez (GC) def. B.J. Adee (DK), by fall, 5-27.
160 — George Kirgan (GC) def. Mike Kullenbach (DK), 12-2.
171 — Justin Hale (GC) def. Andy Lum (DK), 5-4.
189 — Bobby Grammer (GC) def. Jose Alba (DK), 14-1.
215 — Kevin Venne (GC) def. Brad Vaupel (DK), 7-0.
275 — Chuck Coulter (DK) def. Jacob Janick (GC), 10-2.

Semifinals
Moline 29, Granite City 24.
140 — Phil DeCoster (MO) def. Jim Treake (GC), 18-3.
145 — Ryan Worthen (GC) def. Joe Boyer (MO), 4-2.
160 — Brooks Narvaez (GC) def. Nathan Linn (MO), 9-5.
162 — George Kirgan (GC) def. Ben King (MO), by fall, 3-28.
171 — Mundo Boyer (MO) def. Justin Hale (GC), 7-3.
189 — Bobby Grammer (GC) def. Chris Powell (MO), 8-7.
215 — Stuart Terrence (MO) def. Kevin Venne (GC), 6-4.
275 — Chris Davies (MO) def. Craig Mooshegian (GC), by fall.
103 — Wayne Weems (MO) def. Steve Peach (GC), by fall, 3-01.
112 — Jake Tritan (GC) def. David Gibbs (MO), 6-1.
119 — Tony Catour (MO) def. Tom Tedesco (GC), by major decision.
125 — Paul Johnson (DK) def. Andy Kuffner (MO).
130 — Brant Krueger (MO) def. Ben Lofink (GC).
135 — Scott Carney (GC) def. Chris Cathelyn (MO).

Third Place
Des Plaines (Maine West) 35, Granite City 23.
119 — Matt Kourentes (DP) def. Tom Tedesco (GC), by fall, 3-37.
125 — Paul Hanney (DP) def. Paul Johnson (GC), 13-1.
130 — Brock Brandsema (DP) def. Ben Lofink (GC), 10-7.
135 — Vito Gergano (DP) def. Justin Hale (GC), 7-3.
152 — Brooks Narvaez (GC) def. Joe Weber (DP), 5-4.
160 — George Kirgan (GC) def. Tom Mielus (DP), 7-2.
171 — Bill Kopczyk (DP) def. Justin Hale (GC), by fall, 1-48.
189 — Bobby Grammer (GC) def. Adam Nowak (DP), by technical fall, 5-16.
215 — Kevin Venne (GC) def. Troy Paulsen (DP), by fall, 3-16.
275 — O.J. Espino (DP) def. Craig Mooshegian (GC).
103 — Joe Waski (DP) def. Steve Peach (GC), by major decision.
112 — Jake Tritan (GC) def. Mike Talend (DP), by fall, 3-10.

Granite City advances in MVCHA playoffs

Continued from Page 1B

Sollberger said. "The wingers quit skating at about the redline and didn't follow through with their backchecking. It left her in a vulnerable position and they walked in and scored."

Messaros got the game-winner at 6:37 of the third with the Warriors on the power play. The Warriors sent a shot in from the side of the net, then followed the play into the crease, hacking at the rebound before Messaros finally put it away.

"On Bobby's goal at the end we crashed the net," Sollberger said. "We worked on that on the power play, but you are not going to see many power plays in the playoffs. The referees don't want to make the difference in the game for the most part, and they are going to let a lot of stuff go."

"Dustin (Wesley) I know was taken down on a couple of occasions and Bobby got taken down as well and Brett (Sollberger) got hit in front of the net. They are going to let stuff go. There were only three penalties in the whole game, and it's not that they are dirty or we are dirty, but there were several occasions that in a regular-season game you would have seen four or five penalties called."

"Though they only had to kill one penalty — a cross-checking call to Dave Svezia in the second period — the Warriors dominated while short-handed, leading to odd-man rushes."

"With us on the odd-man rushes, I think you have to realize that we have an awfully quick team and people are pinching in and taking chances offensively in a 1-1 game," Sollberger said. "If they turn the puck over, we are quick and we are going to break out. We've done that all year. Whenever you have Dustin or Dave or Luke (Forrester) up front, they take advantage of that."

"If they have a step they can ice the puck so that maybe it doesn't make it the entire way and when the defenseman turns around to go get it, they

are already heading toward it, and they are faster than the defenseman anyway. That's an advantage for us sometimes."

Junior Bill Cahill had a strong performance along the Warriors' blue line. Cahill was livid after last week's meltdown against Cahokia and was determined to help the Warriors make the most of their chance at redemption. "Last week was real intense," Cahill said. "We played down to their level and we let in some stupid goals. That last goal (in overtime) was just terrible. I couldn't understand it. We've talked to our goalies about staying out of the net and on that goal, our goalie was in the back of the net, in the paint, and that's why it went in."

"This week we played a little bit better, but we should have skated harder. But overall, we did all right."

Going into the game, the Warriors had to make sure that they didn't lose by more

than five goals to ensure a place in the quarterfinals. But they were careful not to let the sloppy play that cost them the game against Cahokia carry over.

"I thought it was a much better effort," Sollberger said. "These kids have been resilient all year. Even after we put that ten-game streak together we told them that, because of their lack of effort in the Cahokia game, they were up against the wall."

"We did not explain to the kids that they would probably be in even if they did lose. We put some pressure on them and they came out initially in the first period a little scared. They loosened up, started to have some fun, and went back to fundamentals. I think the one thing in this league is that if you play sound, fundamental hockey you are going to be up at the top. I think that is the one thing we have capitalized on, is just getting back to fundamentals."

"I was pleased with our effort. We had over 20 shots. I thought we started out a little slow, but we picked it up and then started carrying the momentum of the game and started taking it to them. We hit the post two or three times, we had some good shots. It seemed like it took us a little while to get the shot off, but they made adjustments and got some good quick shots."

The Warriors played Tuesday night in the MVCHA quarterfinals.

"Now we go into the second round of the playoffs as the No. 1 seed," Sollberger said. "So we kept that and now we play the fourth-place team." Cahill looked forward to living up to the billing.

"We need to play like we did the last ten games of the season," Cahill said. "We need to work real hard, pass real well, and skate real hard in practice, just give an all-out good effort."

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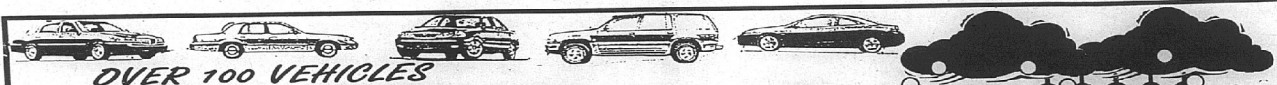
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Movie Schedule

Film timetable for Wednesday, March 3. For times on other days or to confirm these times, check local theaters.

CARMIE PETITE
170 and Hwy. 177, Collinsville, Ill. 644-1709
Payback (R) 7:20, 9:35
Blast From The Past (PG-13) 7:05, 9:25
My Favorite Martian (PG) 7:05, 9:25
8 MM (R) 7:15, 9:45

EASTGATE CINE
Eastgate Plaza, E. Alton, Ill. 254-5289
Payback (R) 4:40, 7:10
Elizabeth (R) 4:20, 6:40
Message In A Bottle (PG-13) 4:10, 7:20
My Favorite Martian (PG) 4:30, 6:50
Blast From The Past (PG-13) 4:20, 7:30
She's All That (PG-13) 4:20, 6:40

COTTONWOOD
EDWARDSVILLE CINE
Edwardsville, Ill. 556-5290
A Bug's Life (G) 7:00
You've Got Mail (PG) 6:45
Varsity Blues (R) 7:15

LINCOLN THEATER
103 E. Main, Belleville, Ill. 233-0123
Mighty Joe Young (PG) 7:10
The Waterboy (PG-13) 9:25
Star Trek (PG) 7:15, 9:25
The Rugrats Movie (G) 7:00
Enemy Of The State (R) 9:50

NAMEOKI CINE
30 Nameoki Village, 877-6630
The Prince Of Egypt (PG) 6:45
Patch Adams (PG-13) 7:00

O'FALLON 15 CINE
1320 Central Park Dr., O'Fallon, Ill. 822-4900
A Simple Plan (R) 1:30, 4:15, 7:10, 9:50
A Bug's Life (G) 1:20, 3:30
You've Got Mail (PG) 6:35, 8:10
Rushmore (R) 1:05, 3:05, 5:10, 7:20
October Sky (PG) 1:45, 4:25, 7:05, 9:35
Prince Of Egypt (PG) 1:30, 3:15
Thin Red Line (R) 6:30, 9:00
Stigmata (PG-13) 2:15, 5:00, 8:00
200 Cigarettes (R) 1:00, 3:10, 5:25, 7:40, 10:00
Payback (R) 1:15, 3:25, 5:45, 8:05
Payback (R) 2:30, 4:50, 7:15, 9:35
My Favorite Martian (PG) 1:00, 3:10, 5:20, 7:30, 9:40
She's All That (PG-13) 1:50, 4:15, 7:10, 9:25
Message In A Bottle (PG-13) 1:20, 4:10, 7:00, 9:45
Message In A Bottle (PG-13) 2:15, 5:10, 8:10
Shakespeare In Love (R) 2:00, 4:30, 7:20, 9:50
The Other Sister (PG-13) 1:20, 4:20, 7:00, 9:45
QUAD CINE
Belleville, Ill. 233-1220
Payback (R) 4:30, 7:10, 10:00
Message In A Bottle (PG-13) 4:10, 7:00, 9:50
My Favorite Martian (PG) 4:20, 6:40, 9:00
The Other Sister (PG-13) 4:00, 6:50, 9:40

ROXANA CINE THEATER
Roxana, Ill. 254-4744
Stepmom (PG-13) 7:00

ST. CLAIR 10
50 Ludwig Drive, 298-8393
The Faculty (R) 1:40, 4:45, 7:20, 9:30
Blast From The Past (PG-13) 1:15, 4:20, 7:25, 9:50
8 MM (R) 1:30, 4:30, 7:00, 9:25
8 MM (R) 2:00, 5:00, 8:00
Office Space (R) 1:30, 4:05, 7:25, 9:35
Patch Adams (PG-13) 1:35, 7:15
A Civil Action (PG-13) 4:25, 9:45
Varsity Blues (R) 1:20, 4:30, 7:05, 9:20
Jawbreaker (R) 1:45, 4:15, 7:30, 9:50
Elizabeth (R) 1:25, 4:10, 7:10, 9:40
Saving Private Ryan (R) 1:10, 4:50, 8:20

SHOWCASE 12
EDWARDSVILLE
6633 Center Grove Rd., 659-7469
Payback (R) 4:50, 7:30, 10:00
Message In A Bottle (PG-13) 2:50, 5:50, 8:50
The Other Sister (PG-13) 4:00, 7:00, 10:15
Office Space (R) 5:15, 7:45, 10:05
My Favorite Martian (PG) 5:10, 7:15, 9:30
Blast From The Past (PG-13) 4:00, 6:40, 9:20
Shakespeare In Love (R) 4:20, 7:30, 9:55
The Other Sister (PG-13) 4:00, 7:00, 9:45
8 MM (R) 4:30, 7:30, 10:05
200 Cigarettes (R) 4:40, 7:10, 9:40
October Sky (PG) 4:10, 6:45, 9:15
She's All That (PG-13) 5:20, 7:50, 10:10

WATERLOO CINE
Route 3, 929-9987
She's All That (PG-13) 5:00, 7:00
Message In A Bottle (PG-13) 4:30, 7:30

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Horoscope

WEDNESDAY, MARCH 3
It is the best day in months to forgive and forget. Let go of old grudges, insecurities and bad influences. Reassess goals and ambitions in light of updated knowledge, experience and maturity. Give up what no longer applies. Thus, you'll be prepared for tomorrow afternoon's new moon — a start date for new understanding, cooperation, and broadened goals and ambitions.

TODAY'S BIRTHDAY (March 3) Collaborative efforts bring incredible luck and money to you this year, especially when you are striving to nurture and bring out your creative side. In May, the groundwork is laid for future financial security. Romantic relationships gain a spirit of permanence and strength in June of this year. Your best signs for love are Gemini and Cancer.

ARIES (March 21-April 19) Any business or career start is bound to succeed. You win a battle of principles. Shirk others' responsibilities, but not your own. Examine your personal history for insight into your current romantic concerns.

TAURUS (April 20-May 20) Submit your work to one who matches your sensibilities. Sell back goods that you no longer need. Avoid depending on others' words for self-esteem. Make sure an organization is credible before you go further.

GEMINI (May 21-June 21) Take chances, and rely on luck. But propose in writing. Decide how your current

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romance needs to differ from those in your past. Warn someone about a decision before he or she is confronted with it.

CANCER (June 21-July 22) Someone's harmless flirtation provides the perfect pick-me-up for a lethargic morning. Search for a higher understanding, not just a superficial, factual account. Extend yourself to a down-and-out mate.

LEO (July 23-Aug. 22) Good news arrives in the mail. Address a financial situation with the entire family. Share any hesitation about an upcoming event. Request cooperation from both sides of a debate. Honesty is wonderful, but tact is effective.

VIRGO (Aug. 23-Sept. 22) Be daring and experiment with a new love. Use foresight, and set budgetary limits for the next few weeks. Relatives see a new, more practical side of you. For solving relationship problems, try a dialogue, not an ultimatum.

LIBRA (Sept. 23-Oct. 23) Your mate's elusiveness last

week is justified. Take on new commitments if you can handle the extra time demands. Alter your expectations of a project as you receive more information.

SCORPIO (Oct. 24-Nov. 21) The comfort and intimacy of a current relationship give you confidence in the outside world. Be as selective as you feel is necessary. Harmony at work is the background for your success.

SAGITTARIUS (Nov. 22-Dec. 21) Make necessary changes as financial information arrives. Your current work is a step in the right direction, but you're capable of much more. You're left off the hook, vindicated or forgiven.

CAPRICORN (Dec. 22-Jan. 19) Concentrate on the reality of here and now. Beware of imitations and frauds. Be articulate and poised with VIPs. Lighten your load and take a break. Your interest is even more intriguing than you thought.

AQUARIUS (Jan. 20-Feb. 18) A dreary routine needs some extra spice. Look for an advance warning or notification. You are given the chance to redeem yourself. Concentrate on your family's welfare. Accept your place in the sun with pride.

PISCES (Feb. 19-March 20) You'll have to take charge and encourage others to act maturely. Direct conversations so they encompass more than just money matters. Obtain sufficient evidence before you're asked. Your style distinguishes you.

'Office Space' spoofs corporate climate

By Brian Kaller
Staff writer

Do you brave rush hour traffic every morning, only to sit in a crowded office staring at a computer screen? Is your day plagued by clueless bosses and maddening co-workers? Do you think Dilbert is a documentary?

This movie was made for you. "Office Space," the first live action film by Mike Judge, is a slight but entertaining revenge comedy for and about cubicle dwellers.

Peter Gibbons (Ron Livingston) spends his days working for the Initech corporation. His office friends include Samir (Ajay Naidu), whose surname no one in the office can pronounce, and

Michael (David Herman), a thin nerdy guy with the unfortunate last name of Bolton.

Other companions in this Dickensian cubicle are Milton (Stephen Root), the same character from Judge's cartoon shorts for "Saturday Night Live," and who was fired years ago but never told. Their smarmy boss, Lumberg (Gary Cole), wanders around the office creating hell for employees, who try to appease his approach by settling through the cubicles like mice in a maze.

Peter's girlfriend talks him into visiting a hypnotist, who unfortunately drops dead while Peter is in still in a hypnotic state. The trance leaves Peter feeling so relaxed and nonchalant that he ignores his extra weekend work, his boss's persistent calls, and his girlfriend's leaving. He now has the courage to ask out the waitress he likes (Jennifer Aniston), and wanders into the office Monday morning in a T-shirt and shorts.

This coincides with the arrival of a pair of consultants who interview employees as a prelude to mass firings, but Peter sits down with them and tells it like it is.

The consultants interpret his confidence as a sign of potential, and give him free rein to goof off until they find him a suitable promotion. But most of the other workers are to get the ax. When Peter tells "Michael" about his impending firing, the three hatch a plan to get back at the corporation.

Writer/director Judge is still best known for his MTV animated series, "Beavis and Butt-head." Like "The Simpsons" before it and "South Park" since, "B&P" was an original show by and for adults that was lambasted when it acquired an inadvertent juvenile audience. But Judge's next show, "King of the Hill," was a broader canvas whose more clearly showed Judge's satire of working-class America.

Judge skewers all the characteristics of the modern office: meaningless management-jargon, the fake informality and the pent-up resentment. This was the subject of an underrated gem last year called "Clockwatchers," and this movie is very much in the same Dilbert-like vein.

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News

Two local Scouts save friend from choking, receive heroism medals

By Scott Hickey
Staff writer

Decisive action that saved two lives recently earned a pair of local Scouts honors. In 1997, Webster Scouts of Greenville, 11, of Greenville and Justin Wandel, 11, of Ballwin both saved the life of a choking friend by applying the Heimlich maneuver. During a National Court of Honor ceremony conducted by the local branch of the Boy Scouts of America, Clayton received the Medal of Honor and Justin received the Medal of Merit. Clayton, who attends Trautwein Elementary School, and Joey Panick were working on their Craftsman Badge together. When they were finished, they both took a break for a snack, Clayton said. "I said something funny, and Kyle started laughing with a mouthful of Cheez-Its," he said. "He stopped laughing and froze. Then he signaled that he was choking. At first I thought he was playing."

Quickly, Clayton realized it was no joking matter. After unsuccessfully trying to dislodge the cracker by tapping Kyle's back, Clayton said he tried another approach. "I remembered my Scout training and wrapped my arms around him and pulled three times," he said. "Then he started breathing again." When the two returned to the den meeting, Carolyn, Clayton's mother, asked where they had been. "Kyle told me Clayton had just saved his life, and we all kind of laughed it off," she said. "Then we realized they were serious. That was a scary feeling." Clayton's swift action was rewarded by a thank you from Joey and the Medal of Honor from the Scouts. "I'm excited that I was able to use my Scout training to help my friend," Clayton said. Justin, who attends Westridge Elementary School, earned the Medal of Merit for saving the life of Joey Derosé, who was choking on a piece of hard candy.

Justin recalled the scary moment when his friend stopped breathing. "Joey and I were playing at my house when he started choking," Justin said. "My mom was outside working, so I didn't have time to run and get help." With his friend struggling to breathe, Justin knew to keep his cool. "I was scared, but I knew not to panic," he said. "If I would have panicked, Joey would have been in real trouble." In a flash, Justin recalled his mother had taught him how to use the Heimlich maneuver. He then used it on Joey. "I pulled on Joey a couple of times before the candy came out and he started coughing," he said. "As he was coughing, he was thanking me, too. I'm just happy he didn't have to go to the hospital, and we didn't have to call the paramedics." Earning the Medal of Merit from the Scouts is icing on the cake after saving his friend, Justin said.

Area Ministerial Alliance holding singles conference

The East St. Louis Ministerial Alliance will hold the "Saved, Sanctified and Single" conference from 9 a.m. to 3 p.m. April 9-10 at the Marriott Pavilion Hotel in

Downtown St. Louis. The conference's goal is to provide singles with resources that help them live spiritual, healthy and productive lives. "Single adults need

information that helps them recognize options to maintain a prosperous and fulfilling lifestyle as Christians, parents, entrepreneurs and pillars of our communities," said the Rev. Rodney E. Waters, Alliance president. Conference classes will be administered by ministers, noted civic leaders and professionals. A Singles Banquet will be at 7 p.m. April 10 at the Marriott. Tickets are \$18.50 for non-registrants, \$65. For registration, call 394-9716 or 874-6979, or check with your church administrator.

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Cookie bakers

Mary Kay Borger, left, helps Ashley Rivenburgh and Alyssa Scott with the baking of Valentine's Day cookies that were given to the congregation of Central Christian Church (Disciples of Christ) during Valentine's Day services at the sanctuary. The presentation of the cookies is a Valentine's tradition at the church and involves the efforts of the church youth and Sunday School teachers.

St. Louis car thieves may face long jail time

By Glen Sparks
Staff writer

A parking lot full of cars is enough to brighten any thief's day.

According to St. Louis Police statistics, 6,991 cars were broken into in 1998. That's up from 6,899 in 1997.

"The numbers are just staggering," Missouri Rep. Brian May, D-10th Dist., said. Most thieves who break into cars end up facing just misdemeanor charges and are quickly back on the streets after their arrest.

May is sponsoring a bill in the Missouri state legislature that would make it a felony to break into a car even if just pocket change or several inexpensive items are stolen. One problem with the current law, May said, is that a thief who steals just \$10 from the car can cause hundreds of dollars in damage trying to break into the vehicle. Because of insurance deductibles, the crime can become costly, May said.

"The thief might take \$50, but the victim pays another \$250 or \$500 because of the deductible," May said. "To the victim, it's a serious crime."

The thief must steal more than \$750 in items now for the break-in to be a felony, May said. Prosecutors can charge someone with second-degree tampering for breaking into a car. That also is a misdemeanor.

"The thing is, you talk to the police, and they'll tell you that the criminals know the laws and they know these are misdemeanors," May said.

A felony charge would send a strong message to criminals, May said. It could send ex-convicts back to prison or first-time offenders to prison for up to five years.

"There's a lot of flexibility written into this," May said. "Prosecutors can be lenient if a particular case calls for it."

Deborah Jacobs, executive director of the American Civil Liberties Union of Eastern Missouri, said the bill is too severe and will not deter thieves from breaking into cars.

Apprenticeship panel taking applications

The Southern Illinois District Council of Carpenters Joint Apprenticeship Committee has announced that applications will be available for apprenticeship training in the carpentry trade April 5-9 and April 12-16.

All applicants must be at least 17 years old and must submit a physical from a licensed physician, high school diploma or GED certificate, grade transcript, record of previous work experience and three written character references.

Applicants are required to register at their local union office in St. Clair, Monroe and Randolph counties. Applicants must take a one-hour math test when they register.

For information, call 277-2033.

Jacobs said the law could backfire and actually create more crime. As an example, she said an 18-year-old person could be convicted of breaking into a car and sentenced to prison for two years.

"And then the person gets out, and what's he been doing for two years?" Jacobs asked.

"There's a good chance that person is going to go back to crime. We know how to make criminals."

May said Jacobs is not being fair to victims, especially to low-income victims.

"A lot of these people can't afford \$400 or \$500 after their car is broken into," May said.

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Park District plans trip to festival

The Granite City Park District will sponsor a one-day trip to Charleston, Mo., on Friday, April 15, for the annual Spring Dogwood-Azalea Festival.

The planting of dogwood trees and azaleas bushes has been an ongoing effort in the southeastern Missouri town for more than 50 years and is a sight to behold. Two dogwoods have attained such great size that they have been declared Missouri state co-champion dogwoods.

A step-on guide will accompany the group along the five-mile trail of blooms and beautiful homes. If Mother Nature cooperates, it will be an awesome sight.

Other stops while in Charleston will be at the Molly French Garden Club plant sale and the Quilt Show at St. Henry's Catholic School gym, where crafts will be on sale.

The coach will leave the Wilson Park Ice Rink at 6 a.m. and have a quick restroom and fast-food breakfast stop before

traveling to Sikeston, Mo., for lunch at Lambert's Cafe, the world-famous "Home of the Throated Rolls." This meal must be paid for by each individual, as there is no set menu for groups.

It's then on to Charleston for the Dogwood-Azalea Festival. At the end of the day, the group will go back to Sikeston and have time to shop at the Outlet Mall there before heading for home.

The trip's cost is \$24 per person and must be paid for at the time a reservation is

made. Sign-ups will be taken starting at 8 a.m. today at the Wilson Park Ice Rink. After that day, sign-ups will be taken at the Wilson Park Office.

One person can sign up to four people. Residents of the Granite City Park District have priority, and non-residents will be placed on a waiting list and called after March 11 as to availability.

For more information, call the Park District Office at 877-3059.

More Gardening Tips from the experts at

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Where Beautiful Things Begin

The worst is probably over, at least if you're among those who don't have winter at the top of their list of favorites. And the urge to get outside in the garden can be overwhelming, but don't rush into things. Here are some ways to ease into the gardening season.

Take a stroll across your lawn at the first opportunity. If you leave footprints in it, hold off on any turf tune-up plans you may have; it's still a little early. If no footprints are visible, welcome to spring!

Start out by removing debris and thatch that has accumulated over the winter. Don't apply too much pressure, though, or you may tear out clumps of grass. After all, your lawn's just waking up from its long winter nap, and it doesn't like to be disturbed too soon. If you should tear out a clump of grass, do what golfers do - or what they should do - and that's replace the clump. Golfers call it a divot - same thing.

When you end up with the pile of lawn debris, consider starting a compost pile. We'll get into detail on composting in the near future.

Don't apply fertilizer until the lawn is actively growing. When the time comes, a fertilizer high in nitrogen, especially the slow-release kind, is best. Check the three numbers on the bag; a higher first number is what you're looking for here, such as 20-3-3.

It's safe to do a little pruning in March, but not all of it. Start out by trimming off any dead and/or crowded limbs. This maintains plants' growth habits, keeps them manageable, and provides form and beauty. Prune overgrown and straggly grape vines, fruit and shade trees (except birches and maples), roses and summer flowering shrubs.

Pruned stumps will eventually produce new

shoots that soon form shapely plants.

Pruning your hedges will improve their shape, reduce their size and thicken the growth. As for spring-flowering shrubs, wait until after they've bloomed.

When the ground thaws enough to dig and the weather's cool, you can plant fruit and shade trees. These conditions will allow roots adequate time to acclimate themselves before spring growth places great demands on them. And don't forget to stake newly-planted trees. When staking them, remember that the tree needs to sway slightly; it shouldn't be too taut. Place a protector around the bark at the points where the line contacts the tree. Small pieces of garden hose are excellent for this.

Finally, mulch around the trees' bases. Mulch will help keep the soil moist and retard the growth of weeds, both of which will benefit your tree.

Mulch also offers protection from lawn mower blight (scraping of the bark by a mower or other tool). Mulch, combined with decorative edging, will create a neat, professional look.

The upcoming weeks are going to be busy times for gardeners, but don't despair, we'll be there. You can count on Frank's for expert advice and everything else you'll need for a happy gardening season.

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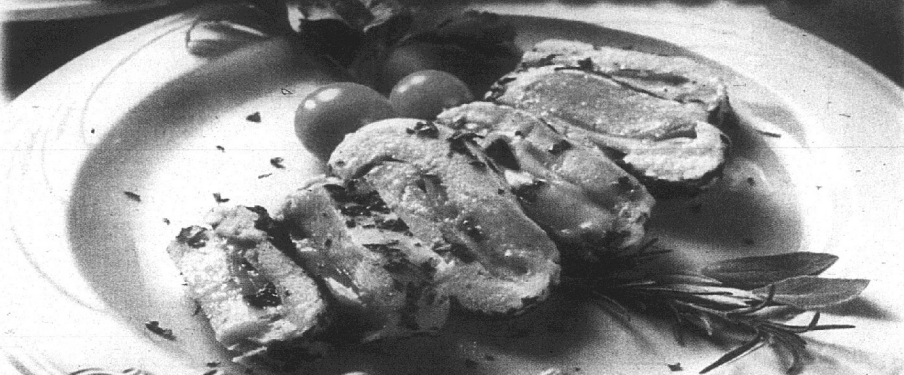
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Today's Food



Micro Raves
Irish shared
potatoes
See Page 2

The Choice:



New Cordon Bleu Chicken is coated stylishly in a variety of fresh herbs.

Chicken

By Janice Denham
Staff writer

The chicken is a survivor. At one time appreciated for its cockiness in the fight ring more than cooked mellowness, it came from Asia to the New World with a detour through Europe.

Food historian Beverly Cox told attendees at a food media seminar sponsored by the National Broiler Council and U.S. Poultry and Egg Association that chicken are "brave, brave fighters."

In the 1820s, when mountain men came to Colorado to sell beavers they trapped, they compared fried chicken favorably to moose nose. By the time of the gold rush in the second half of the century, eating the bird turned golden, too. A single chicken cost \$1 and a chicken dinner set a miner back about \$5, Cox said.

Scarce food days of the Depression, when chicken on the Sunday table meant the parson was coming to dinner, are over.

Lynn Dornblaser, editorial director of the magazine New Product News, told the media at the seminar that today's consumer goes into the supermarket

asking "what's for dinner?" not necessarily "what's on sale?"

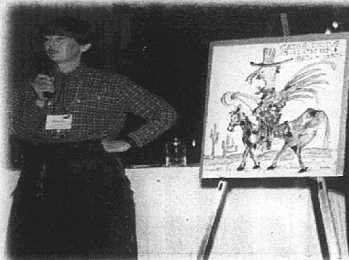
"The consumers' definition of cooking has changed. They are very willing to use prepared foods and they will use high-quality prepared foods. And nobody is apologizing," she said.

New Product News tracks and analyzes new product introductions. According to recent research she and other speakers cited, three-fourths of consumers surveyed eat chicken at least once a week. Chicken constitutes one-fourth of the meals that replace home-cooking.

Those early cock-fighting chickens probably wouldn't recognize their current offspring. More than half the chickens bought home for cooking are in fresh or frozen breast form. Steven A. Evans, vice president of Perdue Farms Inc., said two of the biggest groups of consumers by age are baby boomers moving into middle age and generation X-ers — have some common needs when it comes to chicken.

Many prefer small packaging and portions because they live in one- and two-person households. After years of cooking, retirees may not want kitchen

See CHICKEN Inside TODAY'S FOOD Page 2



Beverly Cox explains how chuck wagon cooks on cattle drives in the 1800s traded for chickens from ranchers. Because alcohol was not allowed when wranglers were herding cattle, cooks relied on sugar in desserts to perk up the men. They packed eggs pointed-end down in salt for the rough ride, so they could prepare desserts along the trail. Artist Ivan Wilson depicted the chicken of the 1860s to 1880s.

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INSIDE

Lively Taste

Make tacos with canned salmon or surimi (imitation crab) seafood. Drain and flake 1 can (4-3/4 ounces) salmon (remove skin and bones, if necessary) or thaw 1 package (8 ounces) frozen surimi. In large saucepan, heat 1-1/2 cups thick and chunky salsa, 1 can (4 ounces) diced green chiles (drained) and 1 can (8-3/4 ounces) black beans (rinsed and drained) until hot. Add seafood. Stir gently. Heat through again. Serve fish mixture in 8 warm taco shells. Top with salsa, lettuce, chopped green onion and tomato, shredded lettuce, grated cheese, olives and sour cream as desired.

Health & Fitness

Medicine Chest

Women worry more about breast cancer than heart disease as a possible cause of death.
INSIDE

Fresh Picks

Not as well known as the green-to-gold bartlett pear, the bosc variety has a long, tapered neck, curved stem and golden brown skin. Highly aromatic, it holds its shape and taste when baked or cooked with other fruit. Core 6 ripe pears from the bottom, carefully leaving stems attached. Combine 1 can (8 ounces) crushed pineapple (drained, with juice reserved) with 1/4 cup chopped maraschino cherries and 1/4 cup chopped toasted walnuts. Fill cores with the pineapple mixture and place pears bottom-down in shallow baking dish. Combine reserved pineapple juice with 1/3 cup light corn syrup. Pour over pears. Bake in preheated 350 degree oven about 45 minutes, basting often with syrup in baking dish. Serve warm or chilled.

Big Fat Tip

Serve warm lemon sauce over pudding, angel food cake, bread pudding or cooked sweet rice. In a saucepan, combine 1/3 cup sugar, 2 tablespoons cornstarch, 1/8 teaspoon salt and pinch of nutmeg. Stir in 3/4 cup water, grated peel of 1/2 lemon, juice of 1 lemon and 1 tablespoon butter or margarine. Cook and stir over medium heat until thickened. Stir in a few drops yellow food coloring, if desired. Makes 1 cup, 1.5 grams fat per 2-tablespoon serving.

Future Shop

At the 1999 Symphony of Salmon in late January in Anchorage, Alaska, about 250 eager tasters stood outside in temperatures well below zero to get into the Glacier BreviHouse to sample 200 samples of salmon products. The "people's choice" award went to a 9-inch thick-crust pizza topped with smoked chum salmon made by SeaBear Smokehouse. Northern Discovery Seafoods packaged salmon with vegetables and 20-minute white beans so it could become an instant salad or, with stock, a soup. For those who really prefer to eat salmon on the smoky side, Alaskan Dried Foods put a salmony crumble in a snuff can.

Breakfast or Bust



Breakfast can be more of a chore than a blessing. The hectic feeling that overcomes children, as well as adults, as they get ready to leave in the morning may not allow any semblance of eating. Still, studies show that students who eat breakfast at home or school have a better day because they have more energy, concentrate better and behave better than those who do not "break the fast" since they last ate.

This is National School Breakfast Week, a good time to figure out when breakfast works. It may be a quick sit-down of a piece of toast or bowl of cereal, banana and a glass of milk before heading out the door, a grab-and-go of a granola bar, apple and yogurt on the way, or a quick breakfast at school, where kids often socialize with friends before the day starts.

So what is possible for breakfast when the alarm rings too late, one shoe doesn't have a matching mate and the last dry towels were used by a teenage sister?

Try these suggestions from the St. Louis District Dairy Council:

• **Pancake Taco:** Mix together mashed banana and peanut butter. Spread 3 tablespoons mixture over a prepared 4-inch pancake while warm. If desired, add a slice of ham. This can be eaten by hand, made into a sandwich with a second pancake or served traditionally with pancake syrup on top.

• **Cinnamon-Apple Wrap:** Spread 1/4 cup unsweetened applesauce over a 7-inch flour tortilla. Sprinkle with equal amounts of cinnamon and sugar (mixed, if desired). Top with a little grated cheddar cheese. Wrap tortilla around ingredients. Microwave 20 seconds on high power.

• **Fruit Smoothie:** In blender, process 1 cup any-flavor yogurt, 2 cups chopped fruit and a pinch of ground nutmeg until smooth. Pour into 2 glasses. If desired, add 1/3 cup ginger ale to each glass. Gently stir until combined.

• **Yogurt Parfait:** Alternate layers of dry cereal with flavored yogurt and a few dabs of strawberry or raspberry preserves. Instead of cereal, use sliced or crumbled muffin.

• **Quick Fix:** Cheese and crackers, leftover pizza, cereal, yogurt and fruit. Try to get a grain, a fruit and a dairy item into the mix.

Kids' Cuisine

Today's Food

Healthy 'Irish' potatoes traveled long way around to reach North America

By Sandra Hounsom
Correspondent

No matter how many ways they are cooked, potatoes in the form of french fries are a favorite "vegetable" for the world to eat. And eat them, people do. Twenty billion bushels of potatoes are grown each year throughout the world.

Potatoes are not a food that is unhealthy either. Eighty 80 percent of a potato is water, but the remainder contains protein, starch and B vitamins. It contains a generous amount of potassium, too. A baked potato without topping only contains about 70 calories.

White potatoes originated in South America, in the high mountains of Peru. Spanish explorers introduced potatoes into Europe in the middle 1500s. Potatoes grew so well they were taken to England and Ireland.

Irish immigrants brought potatoes to this country, thus the white potato became known as Irish potatoes.

Potatoes can be prepared in a variety of ways: boiled, baked and fried. Potatoes can help save an

over-salting problem. Add too much salt to a favorite soup? Dice a white potato, drop it into the soup to remove the excessive salty taste. Remove the potato pieces before serving.

Time-tested preparation of baked potatoes was to grease a freshly washed potato and bake it for an hour at 400°. A microwave oven greatly reduces the waiting time for that delicious baked potato.

A potato still needs to be washed, but skip greasing it. Using a sharp knife, poke several slits into the potato to keep it from exploding in the microwave.

Cook 1 potato on high power 5 minutes, then remove the potato from the oven, wrap it in aluminum foil and set it aside up to 30 minutes while the rest of dinner is prepared.

Use a simple formula to estimate microwaving more than one potato. Multiply the potatoes by 5, then multiply by 3/4. Thus, for 4 potatoes, 15 minutes should be adequate.

A recent find at an antique mall netted "The Miracle Microwave Cookbook" by Hyla O'Connor (Benjamin Co. Publishers, 1974). A that time the author raved about the advantages of microwave cooking, which she called a "new-day appliance."

Microwaves are an everyday cooking method today. Children cook more food in a microwave oven than conventionally on a stove. Soup is easy to cook in a microwave oven today, just as it was in O'Connor's day, as this recipe from her book shows.

Home economist Sandra Hounsom specializes in microwave cooking.

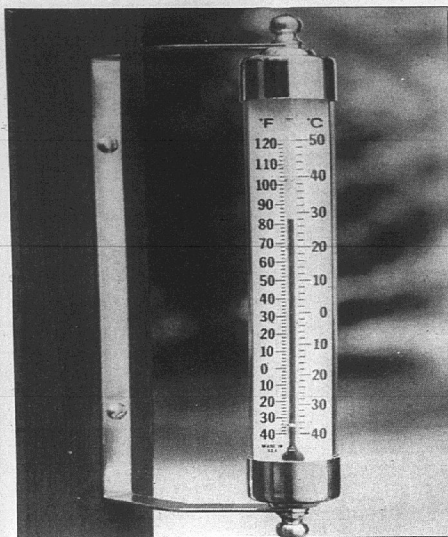
POTATO PARSLEY SOUP

3 cups peeled, cubed potato
1/4 cup chopped onion
1/4 tsp. salt
1 can (14 oz.) chicken broth
1 small bunch parsley, chopped
2 tbsp. cornstarch
1-1/2 to 2 cups milk

Combine potato, onion, salt and broth in 2-quart casserole. Add parsley. Cook, covered, on high power 13 to 15 minutes until potato is tender.

Combine cornstarch with small amount of milk until dissolved. Stir in potato mixture. Add remaining cold milk. Cook, uncovered, about 3 minutes until mixture comes to boil and is piping hot. Stir once or twice during cooking.

Yields 4 servings.



Looking at the temperature outside is easy way to check out the neighborhood.

Say 'ah' when taking Nature's temperature

There is a great way to get a jump on the weatherman and add a charming, useful accent to a home. The next time there is a question about how cold or warm it is outside, just look out the window.

Designed to become an heirloom, this quality brass and glass thermometer features an accurate, easy-to-read instrument enclosed in a glass cylinder capped by solid brass fittings. The thermometer is calibrated for both Fahrenheit and Celsius, while the brass acquires a handsome patina over time.

Designed to be mounted on the outside of a window using the solid brass bracket, which also is included, the thermometer allows you to check the temperature without braving the outdoors. It is especially great for those sunny, but brisk, spring and fall mornings when a person cannot decide whether a jacket is needed. It helps a gardener get a jump on saving plants when frosty temperatures are near.

Measuring about seven inches high by one inch in diameter, the Outdoor Thermometer, No. CB1, is \$29.95. Price includes postage, handling and delivery in three to four weeks. For rush delivery in seven to 10 days, add \$3.

To order by mail, clip this article and send it with a check or money order to: U-Bild Features, c/o Suburban Journals of Greater St. Louis, P.O. Box 2383, Van Nuys, Calif. 91409. To order by credit card, call toll-free 1-800-828-2453. The U-Bild website is www.ubild.com.

By Rebecca Coley
Correspondent

It is a common misconception that breast cancer is the No. 1 killer in women. The truth is heart disease kills more women than the next 16 causes of death combined.

Also startling is that more women than men die from heart disease every year.

Knowing the risk factors can help identify early what a person's risk level is. Once that is known, there is plenty that can be done about it.

* Smoking: This is the most important and preventable cause of premature heart disease death. Women who smoke increase their risk of heart disease two to four times.

There is some evidence that second hand smoke can be risk factor, but how significant it is is still unknown. It is never too late to quit smoking, even if a woman already has heart disease.

* Exercise: This is a dreaded word for some people. It can take

many forms of physical activity and doesn't require an expensive membership to a gym.

Women who are active decrease their risk of heart disease 60 to 75 percent. Twenty to 30 minutes of brisk walking a few times a week is all that is necessary to get benefits to the heart. Drink plenty of water while exercising.

* Weight: If weight is more than 30 percent over what it should be, there is greater risk of heart disease. Weight loss can be difficult and it requires diet modification, as well as exercise. Losing weight helps a person feel better with more energy, a benefit even by itself that is worth it.

* High blood pressure: When pressure in blood vessels increases, there is greater stress on the heart. Over time, it weakens the heart, kidneys and other vital organs.

A good blood pressure level is recorded when a systolic blood pressure — the top number — is less than 140 mm/Hg and a diastolic blood pressure — the number on the bottom — is less than 90 mm/Hg.

Blood pressure should be checked

at least every two years.

Access to self-testing of blood pressure is easily available in supermarkets, pharmacies and kits to purchase and take home. It is a good practice to take advantage of them. However, these results may vary from results taken in a doctor's or other health practitioner's office.

* Diabetes: This is a risk factor that cannot be eliminated. Good control of diabetes minimizes the long-term damaging effects to the heart. Talking with your doctor or pharmacist can help determine individual level of risk. If the risk is high, find out what can be modified and make a realistic plan. Realizing a person is at low risk can eliminate a lot of worry.

Registered pharmacist Rebecca Coley is a board member of the Saint Louis College of Pharmacy Alumni Association. Questions for her to answer in "Medicine Chest" can be e-mailed to her at: roleygh@stlcc.edu or sent to: Medicine Chest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

MEDICINE CHEST

Kitchen

Continued from page 1.

duty. The younger generation may not know how to cook in one.

Food preparation among this (younger) group is fairly low in their skill inventory. They can get on the Internet, but they can't turn on the oven," he said.

One way to attract this type of cook is to offer chicken that is already seasoned, because it easily assumes flavor from marinades. A sure sign of success is the idea of "hot wings." Spicy flavoring for the bony piece of meat tripled the price of this portion of the bird, which is almost the price of breast

meat.

Evans noted supermarkets now rearrange foods by serving occasion, not just department. Sections divide it by purpose — for breakfast, lunch, dinner and snacks.

Dornblaser predicted the chicken market of the future will hold more dark meat with skin. Consumers will find recipes on the packages, making it easy to cook without planning the purchase.

Heightened concern about food safety keeps poultry producers continually moving to upgrade their plants.

Poultry plants are implementing the Hazard

Analysis and Critical Control Points system (HAACP). The largest 300 plants were the first in 1998, while another 3,000 smaller ones began officially early in 1999. The smallest plants will be the last next year.

HAACP replaces the 90-year-old methods inspectors used at the end of processing. The new system places more responsibility on the processor to detect and eliminate problems through scientific methods

earlier in the line.

The seminar, held at the Hotel Jerome in Aspen, Colo., brought out winning recipes, from chili served at a ski oasis on Buttermilk Mountain, to New Chicken Cordon Bleu developed by Jerry Trautfeld, executive chef of the HerbFarm restaurant in Fall City, Wash.

In his version, the chef encases chicken breast stuffed with ham and cheese in fresh herbs.

In spite of the dizzying

array of restaurant-style dishes in the mountain atmosphere, a treasured souvenir of the event was a collection of chicken recipes from the food editors' own kitchens.

Two easy recipes from the booklet come from favorite food editors.

Nancy Millard, food

writer for the Star Press in

Muncie, Ind., says Caribbean Chicken is quick, easy and subtly spiced. Karen Haram, food editor of San Antonio Express-News, can grill Peking Thighs year-round. They also can be broiled, with frequent turning to keep them from burning.

NEW CHICKEN CORDON BLEU

4 boneless, skinless chicken breasts
4 thin slices smoky dry ham, such as Black Forest or Westphalian, cut in 2-by-4-inch pieces
4 slices gruyere cheese, cut in 2-by-4 inch pieces
Salt and freshly ground pepper
1/2 cup chopped fresh parsley
1/4 cup chopped fresh rosemary
1/4 cup chopped fresh sage
2 tbsp. olive oil

Gently pound chicken breasts, one at a time, between sheets of waxed paper or parchment paper, using mallet of side of empty wine bottle, until very thin (about 5-by-7-by-1/4-inches). Season top of meat with salt and pepper. Lay slice of ham and slice of cheese horizontally along bottom half of each breast, folding 1/2-inch strip inward, then folding over top to enclose filling completely.

In shallow bowl or plate, mix parsley, rosemary and sage. Dip rolls individually in mixture, pressing to help herbs adhere.

Set chicken on plate. If desired, cover with plastic wrap and refrigerate up to 24 hours before cooking.

Heat oil in large skillet over medium-high heat.

Season chicken with salt and pepper. Carefully lower rolls into oil. Reduce heat to medium. Cook 5 to 6 minutes until bottom is deep brown color. Turn over chicken.

Cook second side 5 to 6 minutes longer until well browned and chicken is cooked through.

Serve hot.

Makes 4 servings.

PEKING THIGHS

8 chicken thighs, boneless if desired
1 bunch green onions
1/3 cup honey
1/4 cup soy sauce
1 piece (1-1/2 inches) ginger root, peeled
6 cloves garlic
1 tbsp. dark sesame oil

Remove skin from chicken. Pierce meat with fork. Place in non-aluminum pan or bowl.

In food processor, process onion, honey, soy sauce, ginger, garlic and sesame oil until well minced and combined. Pour over chicken. Refrigerate, covered, at least several hours or overnight.

Remove chicken from marinade. Grill or broil about 15 minutes until cooked through, turning often and basting with juices as it cooks.

Makes 4 servings.

CARIBBEAN CHICKEN

6 boneless chicken breast halves
Flour seasoned with salt and pepper
3 tbsp. oil

1 cup orange juice
3/4 cup chicken broth
3/4 cup dry white wine
1/2 tsp. cinnamon
1/4 tsp. ground allspice
Pinch red pepper flakes
1/2 cup golden raisins
1/2 cup pineapple chunks, drained
1/2 cup sliced fresh or frozen peach or mango

Lightly dust chicken with seasoned flour; shake off excess.

In large nonstick skillet, lightly brown chicken in hot oil.

Add juice, broth, wine, cinnamon, allspice, red pepper, raisins and pineapple. Bring to simmer. Simmer, covered, about 20 minutes until chicken is no longer pink.

Add peaches. Heat through.

Remove chicken and fruit. If desired, reduce sauce by boiling rapidly. Serve with couscous or rice.

Makes 6 servings.

Recipe

GROUND MEAT

1 lb. ground turkey, onion
1/2 cups cheddar cheese
2 tbsp. dried parsley
2 cloves garlic
1/2 tsp. Italian seasoning
1/4 tsp. red pepper flakes
1 can (14 oz.) tomatoes
1 can (8 oz.) tomato sauce
1 can (8 oz.) tomato paste
1/2 tsp. salt
2 tsp. sugar
1/2 cup red wine
1/2 cup water

In 3-quart medium-high saucepan, brown turkey, onion, garlic, Italian seasoning and red pepper flakes. Add tomatoes, tomato paste, salt, water. Bring to a boil. Reduce heat. Simmer 15 minutes. Serve over pasta. Makes 6 servings. 160 calories, 16 fat, 20 g carb.



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D-4 Beef
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Recipe

GROUND TURKEY MEAT SAUCE

- 1 lb. ground turkey
- 1 1/2 cups chopped onion
- 2 tbsp. dried parsley
- 2 cloves garlic, minced
- 1 1/2 tsp. Italian seasoning
- 1/4 tsp. red pepper flakes
- 1 can (14 1/2 oz.) stewed tomatoes
- 1 can (8 oz.) tomato sauce
- 1 can (8 oz.) tomato paste
- 1/2 tsp. salt
- 2 tsp. sugar
- 1/2 cup red wine
- 1/2 cup water, if desired

In 3-quart saucepan over medium-high heat, saute turkey, onion, parsley, garlic, Italian seasoning and red pepper 7 to 8 minutes until turkey is no longer pink. Add undrained tomatoes, tomato sauce and paste, salt, sugar, wine and water. Bring to boil. Reduce heat to medium. Simmer 15 minutes. Serve over cooked pasta or use as sauce for other dishes, like lasagna. Makes 6 servings; 206 calories, 16 g protein, 6 g fat, 20 g carbohydrate.



Pretzels coated with toffee, white fudge and milk chocolate add to snacking options.

Recipe

CHEESE AND PEPPER MUFFINS

- 1/4 cup olive oil
- 1 medium onion, thinly sliced
- 3 cups bell pepper, cut in 1/4 inch strips (preferably a mixture of red, yellow and green)
- 1 tsp. snipped fresh rosemary
- 1 tsp. balsamic or red wine vinegar
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 4 English muffins, lightly

toasted and buttered
1 cup (4 oz.) shredded Swiss cheese
Chopped parsley, if desired

In large skillet over medium-low heat, saute onion, pepper and rosemary in hot oil about 15 minutes until vegetables are tender-crisp. Stir in vinegar, salt and pepper. Arrange muffins on baking sheet. Sprinkle evenly with cheese. Broil 2 to 3 minutes.

Coated pretzels ready for munches and flipz

The pleasure of sweet and salty flavors in a single, crunchy bite enticed tasters to try Snyder's of Hanover pretzel dips, Nestle pretzel "flipz" and Crunch 'n Munch toffee pretzels.

TEST RUN

The most unusual was the

Crunch 'n Munch toffee-flavored mini pretzels, labeled "low-fat" at 1 gram fat and 120 calories per 12 pretzels. A 10-ounce box cost \$1.99 at Shop 'n Save.

Several put them at the top of their list when comparing varieties.

"The Crunch 'n Munch were divine, to die for. I loved the toffee flavor and the crunch in a low-fat pretzel. I plan to buy them immediately and munch away this weekend," a tester said.

She noted how popular they were on the testing table as people returned often to sample them as long as they lasted.

Several commented on their lightness, not just in fat, but in consistency.

"They were crisp in texture, with less coating. The shiny surface is the only thing that hints at

their flavor. They have that buttery flavor of caramel corn, but are way easier on the teeth. Unlike chocolate that leaves behind a thick flavor, these are much crisper," a tester said. Another tester gave them a thumb's-up over the others.

"The best pretzels were the toffee ones. Mixing chocolate with pretzels and salt is an acquired taste," he said.

Other tasters would settle only for the chocolate varieties. One called the toffee flavor too sweet.

There were testers who had no preference between the Nestle Flipz pretzels covered with milk chocolate or white chocolate (\$1.89 for 7.5 ounces at Schnucks) or the Snyder's pretzel dips in white fudge (\$1.79 for 7 ounces at Shop 'n Save).

"They are addictive. It's tough not to keep munching," a taster summed it up for them.

Overall the Snyder's covered pretzels were declared sweeter, Nestle's saltier.

"The Nestle pretzels had a more chocolate-malty flavor and the additional salt made an almost sweet-and-sour effect. They were more like a real pretzel which was coated," a tester said.

Another rated the Snyder brand in the "just-right" category.

"I preferred the sweetness of the Snyder's pretzels over the saltiness of the Nestle pretzels. Neither was too salty. I just enjoyed the sweet taste of the Snyder brand better," he said.



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Today's Food

Economical noodles wind up international strands

By Melanie Polk
Correspondent

Whether a favorite pasta is a trendy al dente or an old-fashioned noodle, this carbohydrate-rich food plays a delicious part in health-conscious meal planning.

GOOD FOOD GOOD HEALTH

March is National Noodle Month, a time to celebrate this economical and popular staple food. Although noodles have their origin in several basic Asian and Italian varieties, they now are used in virtually every international cuisine.

While the definition of a noodle varies, it is basically any flour paste boiled or cooked in liquid. Certain shapes can be recognized. Italian pasta, traditionally made from semolina wheat and water, comes in hundreds of different shapes — from cannellini to ziti. Oriental noodles are made from rice, wheat, beans (including soybeans), shrimp paste and even seaweed.

Fundamentally low in fat, pasta can be enjoyed with sauces and other accompaniments that add little fat to the dish. Preparing pasta dishes with lots of vegetables significantly boosts nutritional content.

Noodle soup is an exceptional comfort food for a blustery March day. Simmer chicken broth with diced celery, onion and

carrot, parsley, thyme, bay leaf and peppercorns. After cooking vegetables, remove and reserve them while cooking noodles in the same broth. Put back the vegetables, heat and serve.

Use noodles in a Szechuan stir-fry, made by tossing cooked Chinese egg or soy noodles in a small amount of heated oil in a large pan or wok. In a bowl, combine soy sauce, vinegar, pepper

sauce to taste, minced garlic, a touch of sesame oil and chicken broth. Add noodles, fresh bean sprouts and chopped spinach. Toss well and serve immediately.

Registered dietitian Melanie Polk reviews this material for the American Institute for Cancer Research in Washington, D.C.

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CHICKEN SANDWICHES

Saute boneless, skinless chicken breast, sliced in thin strips, and chopped onion in small amount of margarine

until chicken loses pink color and onion starts to wilt.

Combine 1 cup (8 ounces) light sour cream with $\frac{3}{4}$ teaspoon chili powder and $\frac{1}{2}$

teaspoon ground cumin. Spread in halved pita

pockets. Fill with chicken and onion. Serve with chopped lettuce and tomato and salsa on top.

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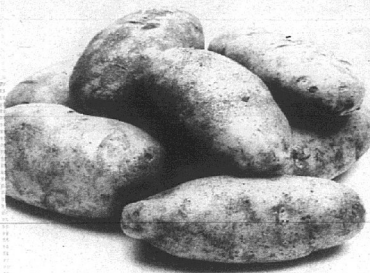
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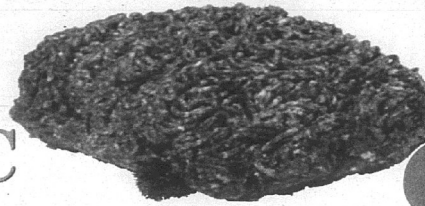
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Today's Food

Crispy salad dolled up fresh, green, healthy real winner for woman

Rose Secor, Godfrey, is this week's winner of dinner certificates to the Pasta House Co. for Green Fruit Salad With Honey-Lime Dressing.

BLUE RIBBON COOK

Secor says this salad "paints a portrait of spring." Grated lime in the base of a creamy yogurt dressing adds to a green-on-green setting with kiwifruit, grapes and apples and pears with colorful peels set on leafy greens. She serves it with a quick bread that features pistachios.

Spring fruits and vegetables highlight this month's contest. Fresh greens, asparagus, strawberries and rhubarb are among the many possibilities for a recipe that qualifies.

A single recipe postmarked by March 31 can be sent to: Spring Spurge Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis 63131. It also can be e-mailed to

Spring fruits and vegetables highlight this month's contest. Fresh greens, peas, asparagus, strawberries and rhubarb are among the many possibilities for a recipe that qualifies.

westnews@primary.net. Each Wednesday in April a winner will be chosen on the basis of taste and eye appeal, as well as originality, although the recipe need not be original. That means there will be four winners shared with Today's Food readers.

If possible, tell where the recipe came from and share specific information about special touches that give it a personal signature or a story about when it was served or developed.

Duplicate entries will be considered on the basis of earlier entry or best

compliance with rules.

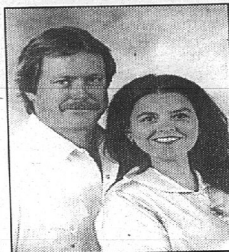
GREEN FRUIT SALAD WITH HONEY-LIME DRESSING

- 4 kiwifruit, peeled, sliced
- 2 granny smith apples, cored, sliced
- 2 pears, cored, sliced
- 1 cup green grapes
- Lettuce leaves
- 1 pkg. (2 oz.) slivered almonds, toasted
- Honey-Lime Dressing
- Thin spirals of lime rind for garnish, if desired

Arrange kiwifruit, unpeeled apple and pear and grapes on lettuce. Drizzle with Honey-Lime Dressing. Sprinkle with almonds. Garnish with lime rind.

Honey-Lime Dressing: Combine 1 carton (16 ounces) plain yogurt, 2 tablespoons honey and 2 teaspoons grated lime rind.

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Keep eye on fruits and veggies for vision health

By Cynthia Fauser
Correspondent

Color up what you eat for good vision. It is well known that carrots, a source of beta-carotene, are good for

WISE WAYS

the eyes and night vision, but there is more. Regularly eating foods rich in other fruits and vegetables — especially dark green, leafy vegetables and those with vitamin C — seems to protect against other age-related vision robbers, such as cataracts and macular degenerative disease. A cataract is a cloudy area in the lens of the eye that occurs when certain proteins in the lens become damaged, usually by oxidative stresses. These include exposure to ultraviolet light, strong sunlight, inflammatory eye disease, certain drugs, smoking or complications of diseases like diabetes. Heredity may play a part in susceptibility to

cataracts.

Cataracts appear in 50 percent of people age 52 to 64. At first, they are usually small and do not affect vision. After age 60, cataracts often begin to steal sight. They amplify headlight glare, dull colors and eventually make reading and other normal tasks difficult.

Cataract means "waterfall." They disrupt vision, as though a person is looking through a waterfall.

Not all cataracts get bad enough to require surgery. A vision exam, including dilation, every one to two years gives you and the doctor an opportunity to discuss if and when treatment is required.

Cataract surgery, which replaces the damaged lens with a clear plastic lens, usually is very successful.

Macular degeneration is a condition in which the macula, the central part of the retina, deteriorates. It causes blurry vision, night blindness, distortions — such as straight lines that appear wavy or empty

areas in the center of vision — and gradual blindness.

Antioxidants, such as vitamins C and E, and carotenoids — including lutein, zeaxanthin and beta-carotene — seem to block some damage caused by oxidation.

Carotenoids are pigments found in fruits and vegetables.

Those most often linked to a reduced risk of eye disease are lutein and zeaxanthin, found in dark green, leafy vegetables and also in eye pigment.

Registered dietitian Cynthia Fauser is nutrition specialist for University Extension (University of Missouri system) in St. Louis County.

SUNSHINE SALAD

5 cups (packed) spinach leaves, washed and dried well
1/2 red onion, thinly sliced
1/2 red bell pepper, sliced
3/4 to 1 cucumber, sliced
2 oranges, peeled, chopped in bite-size pieces
1/2 cup light vinaigrette dressing (15 calories per tablespoon or less)

In large bowl, toss together spinach, onion, red pepper, cucumber and orange. Add dressing. Toss again. Serve immediately.

Makes 5 side dish servings; 74 calories, no cholesterol, 200 mg sodium, and 8 g fiber.

Pancakes and a walk put Saturday on course for real healthy day

By Peggy Vaporean
Correspondent

My favorite day is Saturday. An invigorating walk accompanied by a canine friend in balmy March weather soothes away the stresses of daily living. It jump starts a day enjoying activities that relax and revitalize body, mind and spirit.

HEART-Y BITES

A nutritious featuring homemade whole wheat pancakes enhances my list of heart-healthy indulgences.

Whole grain products — such as whole wheat flour and pasta, whole grain breakfast cereals, and brown rice — contain all elements of the grain or kernel. This includes the bran layer, the endosperm (inner portion) and the germ.

Whole grains — such as wheat, oats, corn and barley — provide protein, starch, vitamins and minerals, as well as nutrients unique to plants that may play protective roles in staving off chronic diseases, including heart disease, hypertension, cancer and diabetes.

The American Heart Association recommends an overall eating plan with plenty of vegetables, fruits and whole grain products. The U.S. Department of Agriculture's Food Guide Pyramid suggests six to 11 servings of bread, cereal,

rice and pasta a day. At least three of these servings should be whole grain products. Researchers at the University of Minnesota conducted a nine-year study of 30,000 women ages 55 to 69 who ate controlled servings of whole grains daily.

Those who chose whole grains for at least three of their daily complex carbohydrate servings were 30 percent less likely to die of a heart attack than those who averaged less than one serving of whole grains a day. The soluble fibers in whole grain helps maximize a reduction in plasma total and LDL cholesterol levels.

Some studies are looking at the possibility of fiber being the part of whole grains and fruits and vegetables that offers this protection. The American Heart Association recommends 25 to 30 grams of fiber each day — preferably from whole foods, not supplements.

Add fresh fruit to these whole wheat pancakes topped for an extra dose of

fiber-rich nutrition and great taste. As a bonus, add a topping made with more fresh fruit.

Peggy Vaporean is a member of the nutrition committee of the American Heart Association, St. Louis Division.

WHOLE WHEAT PANCAKES

1 1/2 cups whole wheat flour
1 tsp. baking powder
2 tsp. sugar
1 1/2 cups skim milk
1 egg or 2 egg whites
1 tbsp. canola oil
Optional: 1 cup fresh fruit, such as blueberries, sliced strawberries, sweet cherries, cranberries or shredded apple

Mix together flour, baking powder, sugar and salt.

In second bowl, blend milk, egg and oil. Combine with dry ingredients, mixing until they are just moistened. Fold in fruit.

For each pancake, pour 1/4 cup batter onto medium hot griddle or skillet coated with nonstick cooking spray.

Turn over pancakes when tops are covered with bubbles, top side has lost its sheen and is set and edges look cooked. Watch carefully, because whole wheat products brown quickly.

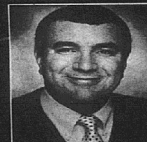
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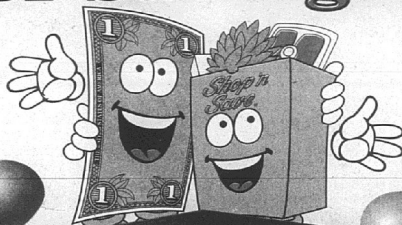
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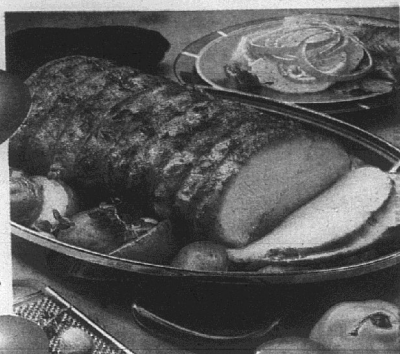
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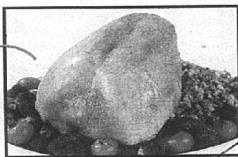
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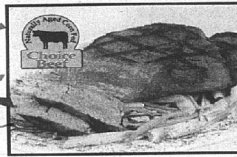
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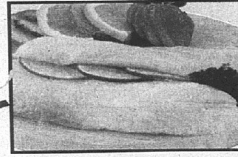
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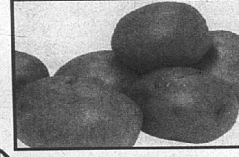
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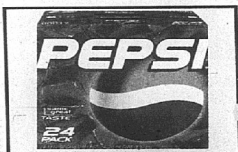
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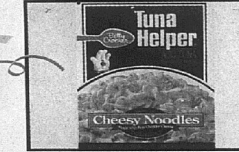
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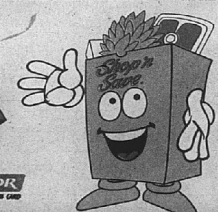
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Points & Plugs

Methanol fuel might help power your car

By Rick Stoff

DaimlerChrysler would like to put a methanol pump in your future. A company engineer has called upon oil companies and government to make methanol fuel available at filling stations to fuel the environmentally-friendly cars of the future.

Ferdinand Panik said DaimlerChrysler would like to sell cars carrying fuel cells by 2004. The cars will carry fuel cells that convert methanol into electricity. The chemical reaction's byproducts are water and carbon dioxide, but the latter amount is 30 percent less than what is emitted by internal combustion engines, Panik said. Also, the fuel cell does not produce hydrocarbons, particulates and nitrogen oxides.

"Automakers must develop affordable, practical vehicles that meet customer needs, and the fuel providers should work on availability," Panik said in a speech during a fuel cell conference in Washington, D.C.

Volume alone does not assure profitability. General Motors is the world's largest auto and truck manufacturer, and averages \$1,300 in profit on each vehicle it sells. But Ford makes \$1,672 and Chrysler makes \$2,266, according to Business Week magazine. GM's profit margin was 2.7 percent early last year and hit 5.7 percent in the fourth quarter.

Meanwhile, the profit margins were 6.2 percent at Ford and 6.7 percent at Chrysler. Product mix is a big factor. With sport-utility vehicles and trucks being the hot products these days, those segments amount for 47 percent of GM sales compared to 61 percent of Ford sales and 71 percent of Chrysler sales.

There would be hardly any traffic congestion at all if we all rode electric bicycles to work. A California company, ZAP, recently sold its 20,000th electric bike. The company predicts the U.S. market for the machines will reach 30,000 this year.

The best-selling automobile book last year was "How to Draw Cars" by Thom Taylor, reports mail-order car book company Classic Motorbooks. The second-best seller was "Hot Rod Magazine," The First 12 Issues.

There must be a lot of people who have too much time to spend in their garages, as the eighth and ninth books on the company's top 10 were "How to Restore Metal Auto Trim" and "How to Build the High Performance Street Flathead." Like driving on the highway? The Missouri State Highway Patrol is accepting applications for its recruit class that goes to school Jan. 1, 2000. For more information or prerequisites and benefits, visit the troop headquarters near you or call 1-800-796-7000.

Want to be part of automotive history? Send a picture of yourself and your Volvo to Volvo Cars North America, and it will be placed in a time capsule that will be buried at the company's museum in Gothenburg, Sweden, at the end of this year. Instructions will be left for the capsule to be opened in 2100. The address is: Volvo Photo Album, Box 205, Stratham, N.H., 03895-0205.

GMC's Envoy is luxurious Jimmy

By Tom Strongman

GMC's Envoy typifies the way auto manufacturers are moving their sport-utility vehicles upscale to attract a broader range of customers.

In spite of substantial prices, it seems buyers want all the luxury they can afford, which explains why loaded SUVs are snapped up faster than free popcorn at the movies. This trend signals a shift away from traditional luxury cars.

The Envoy is differentiated from the standard compact Jimmy by a higher level of standard equipment as well as unique headlights, front fascia and body side molding. GMC used the same formula to create the full-size Denali, based on the Yukon.

Both of these GMCs make liberal use of typical luxury cues such as expensive leather upholstery, wood trim and a full complement of creature comforts such as compact disc players, automatic climate control and power everything. Monotone paint makes the vehicle look unified, and shiny alloy wheels provide a classy accent.

Under the hood, the Envoy is basically the same as any other Jimmy. The 4.8-liter, Vortec V-6 has 190 horsepower, and it is coupled to an automatic transmission and a shift-on-the-fly, electronically controlled four-wheel-drive system. The Vortec V-6 puts out the bulk of

its torque, or pulling power, at fairly low rpm, and that translates into good low-speed responsiveness. Out on the highway, the Envoy's nearly two-ton curb weight exacts a slight toll on passing performance.

Like the full-size Sierra pickup, the Envoy's Tow-Haul button on the shift lever adjusts shift points for smoothness as well as more effective use of the engine when pulling a heavy load.

This year a new AutoTrac transfer case enables the driver to select standard two-wheel drive, four-wheel drive or all-wheel drive. With all-wheel drive engaged, the system automatically switches to four-wheel drive if traction deteriorates. All selection is done with buttons on the dash.

Elsewhere throughout the interior, soft two-tone leather is everywhere you look. Zebrano wood is used to accent the light gray leather upholstery. The heated front seats are eight-way adjustable and contoured for comfort. A two-position memory option is available this year.

The instrument panel has large, readable gauges. Automatic climate control is standard, as is the AM/FM/CD stereo with remote controls on the steering wheel. The central console has multiple cup holders as well as a storage compartment.

Because the Envoy is a compact

SUV, its interior is not as spacious as competitors from Dodge and Ford, a fact that is most noticeable from the back seat, where leg room is a bit snug.

Expanding the cargo area is done by folding down the split-folding rear seat. The heated, power outside mirrors automatically dim when headlights are too bright. A button on the door panel folds them flat against the body to avoid damage when maneuvering in close quarters or off-roading.

In front, high-intensity discharge (HID) head lamps use a gas arc tube that creates a true white light for 2.7 times more light than halogen lights from a wider, longer beam pattern.

The Envoy is available with OnStar, a dealer-installed communications system based on a hands-free cellular phone. OnStar uses a global positioning system to constantly track and monitor the vehicle, even if it is stolen. Routing and travel assistance also are offered, as is the ability for OnStar to summon emergency help in case of an air bag deployment. An OnStar adviser also can unlock the vehicle if the keys are locked inside by accident.

The base price of our test Envoy was \$33,600. Its only option was a power sun roof, for \$750. Add in destination charges and the sticker price was \$34,375.

The basic warranty is for three years or 36,000 miles.

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